

# What Are My Values?

Values are the core principles that we seek to uphold and live out in our lives. They are shaped and formed over time by our experiences and influence the beliefs and attitudes we hold about ourselves and others. Our values are an integral part of who we are as a person, which is why when our values are crossed, compromised, or challenged, we experience strong emotional responses. It is important to understand our values because our actions are where our values come to life. Living out our values leads to greater vitality and authenticity, as well as cultivating a deeper connection to ourselves.

- 1) Below is a list of the most common values. This is not an exhaustive list. As you review each value, assign it a score from 1-10 based on how strongly you hold this value.

<b>Acceptance</b> <input type="text"/>	<b>Accountability</b> <input type="text"/>	<b>Adventure</b> <input type="text"/>
The ability to come to a place of peace, devoid of judgement, regarding someone or something.	The desire to be held to account for one's actions and decisions and take responsibility for their consequences.	The pursuit of exciting, daring, or risky experiences that are outside of one's comfort zone.
<b>Authenticity</b> <input type="text"/>	<b>Balance</b> <input type="text"/>	<b>Commitment</b> <input type="text"/>
Being genuine, true to oneself, and striving to live according to one's beliefs and values.	The intentional desire for harmony in and across all areas of one's life	Unwavering determination, resilience, and perseverance despite setbacks and obstacles to success.
<b>Compassion</b> <input type="text"/>	<b>Competence</b> <input type="text"/>	<b>Connection</b> <input type="text"/>
The capacity for empathy, grace, and mercy towards yourself and others, and to relieve the suffering of others.	The ability and desire to perform tasks effectively and efficiently.	The desire for relationships in which one is valued, understood, and validated.
<b>Contribution</b> <input type="text"/>	<b>Control</b> <input type="text"/>	<b>Creativity</b> <input type="text"/>
Striving to make a meaningful impact in the lives of others by giving and sharing our time and resources.	The ability to influence or direct behaviours or outcomes.	The ability to think and express oneself in imaginative, innovative, and unique ways.
<b>Curiosity</b> <input type="text"/>	<b>Efficiency</b> <input type="text"/>	<b>Equality</b> <input type="text"/>
The desire to engage with our environment and others to grow in learning and understanding.	The ability to perform a task or reach a goal with minimal mistakes or waste of resources.	The belief in and promotion of fairness, opportunity, and individual rights regardless of differences.
<b>Excellence</b> <input type="text"/>	<b>Faith</b> <input type="text"/>	<b>Family</b> <input type="text"/>
The desire to maintain outstanding standards of behaviour and performance in all areas of life.	Trust, confidence, and belief in a higher power or set of religious or spiritual principles.	A deep appreciation for the connections and bonds we have because of blood or choice.
<b>Flexibility</b> <input type="text"/>	<b>Forgiveness</b> <input type="text"/>	<b>Generosity</b> <input type="text"/>
The ability to adjust and adapt to challenging or changing circumstances.	Coming to a place of peace, free of judgement and resentment towards yourself or others.	The ability to give freely and selflessly for the benefit of others.
<b>Growth</b> <input type="text"/>	<b>Health</b> <input type="text"/>	<b>Honesty</b> <input type="text"/>
The desire to learn through experience and continually pursue improvement across all areas of life.	A condition of total physical, mental, and social well-being.	Living with integrity through truthful and sincere communication and actions.
<b>Humility</b> <input type="text"/>	<b>Independence</b> <input type="text"/>	<b>Justice</b> <input type="text"/>
The ability to view oneself objectively and accurately, with a balanced sense of self-awareness.	The ability to make decisions and live autonomously with minimal reliance upon others.	The belief and promotion of fairness and equity in the distribution of rights, resources, and opportunities.

<b>Kindness</b> <input type="text"/> Being friendly, generous, and considerate to ourselves or others.	<b>Knowledge</b> <input type="text"/> The desire for intellectual growth through learning, reasoning, problem solving, and adapting to challenges.	<b>Leisure</b> <input type="text"/> The pursuit of satisfying experiences that bring enjoyment or pleasure.
<b>Love</b> <input type="text"/> The desire to display or receive deep affection, care or attachment to someone or something.	<b>Loyalty</b> <input type="text"/> An unwavering commitment and devotion to someone or something.	<b>Meaningful Work</b> <input type="text"/> The desire to pursue a vocation or career that enables one to live out their purpose and values.
<b>Patience</b> <input type="text"/> The ability to remain calm, positive, and composed despite challenges or delays to our desired outcomes.	<b>Peace</b> <input type="text"/> The absence of conflict or disturbance internally and externally.	<b>Perseverance</b> <input type="text"/> The ability to endure suffering and challenges whilst continuing to strive towards one's goals.
<b>Privacy</b> <input type="text"/> Freedom from intrusions or disturbances to our lives.	<b>Recognition</b> <input type="text"/> The belief that one's service and accomplishments should be positively acknowledged by others.	<b>Respect</b> <input type="text"/> The belief that one deserves regard and consideration based on their qualities, achievements, or position.
<b>Security</b> <input type="text"/> Freedom from perceived and actual danger, threat, or harm.	<b>Self-Discipline</b> <input type="text"/> The ability to maintain routine and to control ones thoughts, emotions, and actions regardless of circumstance.	<b>Stability</b> <input type="text"/> The desire to maintain a reliably secure, consistent, and unchanging environment.
<b>Stewardship</b> <input type="text"/> The desire and ability to responsibly manage all of one's resources with wisdom and purpose.	<b>Success</b> <input type="text"/> The desire to achieve and accomplish meaningful goals in life.	<b>Teamwork</b> <input type="text"/> The desire to work together towards a common goal through cooperation, collaboration, and strength of unity.
<b>Variety</b> <input type="text"/> The pursuit of a diverse range of options and experiences in life.	<b>Wealth</b> <input type="text"/> Accumulating and maintaining valuable resources, such as material possessions and financial assets.	<b>Wisdom</b> <input type="text"/> The desire to seek and apply knowledge and experience to improve our judgements and decisions.
<input type="text"/>	<input type="text"/>	<input type="text"/>

- 2) To help you identify any additional values that you hold, try reflecting on the following three questions:
- I. Picture yourself at your own funeral. What would you like to hear people say about you?
  - II. What are your strengths and best qualities? What new ones do you wish to develop? How do you want to apply them in your life?
  - III. If someone could snap their fingers and take away your pain and suffering, remove your commitments and attachments, and provide you with unlimited resources, how would you live your life differently? What would you do with your time? How would you treat others?

What values did you identify? Write them down in the blank spaces above and give them a score from 1-10.

- 3) Review your scores and write down your top ten values from highest to lowest:

- |    |    |     |
|----|----|-----|
| 1. | 5. | 9.  |
| 2. | 6. | 10. |
| 3. | 7. |     |
| 4. | 8. |     |

Take note of these values as you move on to the next exercise, "Am I Living Out My Values?"