

# EXPLORING YOUR VALUES

## EXPLORING VALUES – VALUES LIST

Get inspired from the wide sampling of possible core values. Circle all words that describe what matters most to you. You should note any of these that apply to you so you can use them in the following exercise.

Abundance	Beauty	Concentration	Determination	Excellence
Acceptance	Being the best	Confidence	Devotion	Excitement
Accomplished	Belonging	Conformity	Devoutness	Exhilaration
Accuracy	Benevolence	Congruency	Dexterity	Expectancy
Achievement	Bliss	Connection	Dignity	Expediency
Acknowledged	Boldness	Consciousness	Diligence	Experience
Activeness	Bravery	Consistency	Direction	Expertise
Adaptability	Brilliance	Contentment	Directness	Exploration
Adoration	Calmness	Continuity	Discipline	Expressive
Adroitness	Camaraderie	Contribution	Discovery	Extravagance
Adventure	Candor	Control	Discretion	Extroversion
Affection	Capability	Conviction	Diversity	Exuberance
Affluence	Care	Conviviality	Dominance	Fairness
Aggressive	Carefulness	Coolness	Dreaming	Faith
Agility	Celebrity	Cooperation	Drive	Fame
Alertness	Certainty	Cordiality	Duty	Family
Altruism	Challenge	Correctness	Dynamism	Fascination
Ambition	Charity	Courage	Eagerness	Fashion
Amusement	Charm	Courtesy	Economy	Fearlessness
Anticipation	Chastity	Craftiness	Ecstasy	Ferocity
Appreciation	Cheerfulness	Creativity	Education	Fidelity
Approachable	Clarity	Credibility	Effectiveness	Fierceness
Articulate	Cleanliness	Cunning	Efficiency	Financial
Assertiveness	Clear-mindedness	Curiosity	Elation	Firmness
Assurance	Cleverness	Daring	Elegance	Fitness
Attentiveness	Closeness	Decisiveness	Empathy	Flexibility
Attractiveness	Comfort	Decorum	Encouraging	Flow

Audacity	Commitment	Deference	Endurance	Fluency
Availability	Compassion	Delight	Energy	Focus
Awareness	Completion	Dependability	Enjoyment	Fortitude
Awe	Composure	Depth	Entertainment	Frankness
Balance		Desire	Enthusiasm	Freedom
Friendliness	Inventiveness	Peace	Resourceful	Strength
Frugality	Investing	Perceptiveness	Respect	Structure
Fun	Joy	Perfection	Rest	Success
Gallantry	Judiciousness	Perkiness	Restraint	Supremacy
Gentility	Justice	Perseverance	Reverence	Sympathy
Giving	Keeness	Piety	Richness	Synergy
Grace	Kindness	Playfulness	Rigour	Teamwork
Gratitude	Knowledge	Pleasantness	Sacredness	Temperance
Gregarious	Leadership	Pleasure	Sacrifice	Thankfulness
Growth	Learning	Poise	Sagacity	Thoroughness
Guidance	Liberation	Popularity	Saintliness	Thoughtful
Happiness	Liberty	Potency	Satisfaction	Thrift
Harmony	Liveliness	Power	Security	Tidiness
Health	Logic	Persistence	Self-control	Timeliness
Heart	Longevity	Persuasive	Selflessness	Traditionalism
Helpfulness	Love	Philanthropy	Self-reliance	Tranquillity
Heroism	Majesty	Practicality	Sensitivity	Transcendence
Holiness	Making a difference	Pragmatism	Sensuality	Trust
Honesty	Mastery	Precision	Serenity	Truth
Honour	Maturity	Preparedness	Service	Understanding
Hopefulness	Meekness	Presence	Sexuality	Unflappability
Hospitality	Mellowness	Privacy	Sharing	Uniqueness
Humility	Meticulous	Proactive	Shrewdness	Unity
Humour	Mindfulness	Professional	Significance	Usefulness
Hygiene	Modesty	Prosperity	Silence	Utility
Imagination	Motivation	Prudence	Silliness	Variety
Impact	Mysterious	Punctuality	Simplicity	Virtue
Independence	Neatness	Purity	Sincerity	Vision
Industry	Nerve	Realism	Skilfulness	Vitality

Ingenuity	Obedience	Reason	Solidarity	Warmth
Inquisitiveness	Open-minded	Recognition	Solitude	Watchfulness
Insightful	Openness	Recreation	Soundness	Wealth
Inspiration	Optimism	Refinement	Speed	Wilfulness
Integrity	Order	Reflection	Spirit	Willingness
Intelligence	Organization	Relaxation	Spirituality	Winning
Intensity	Originality	Reliability	Spontaneity	Wisdom
Intimacy	Outlandish	Religiousness	Spunk	Wittiness
Intrepidness	Outrageous	Resilience	Stability	Wonder
Introversion	Passion	Resolution	Stealth	Youthfulness
Intuition		Resolve	Stillness	Zeal

## DISCOVER YOUR TOP VALUES

This exercise will help you clarify your core values, those things most important to you, and then prioritize them to give you added clarity. Please follow the steps outlined below and take your time.

**STEP ONE:** Review the values listed *above* and feel free to add any you do not see. Make sure this list is as complete as possible before you begin.

**STEP TWO:** As you review the list again, **CIRCLE ALL of you're most important values.** You will write these down in the following step.

**STEP THREE:** Look at all of the words you came up with in your Johari Window Exercise and in your values exploration and write down the 24 most important words in the space below.

## MY MAIN 24 VALUES

1.	13.
2.	14.
3.	15.
4.	16.
5.	17.
6.	18.
7.	19.
8.	20.
9.	21.
10.	22.
11.	23.
12.	24.

**STEP FOUR:** Now, narrow the list down again to your top six values.

You can do this by:

- Grouping common values into one value
- Taking out the values that are so much a part of you that you don't need to be reminded about them on a daily basis
- Deciding on the top, most important six that you shouldn't be without in order to be your full potential

## MY SIX KEY VALUES ARE:

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1.

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2.

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3.

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4.

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5.

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6.

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## WALKING THE TALK

Now that you have clarified what is most important to you, it is essential you take the next step and align your actions with your values. Failure to act in accordance with your values -- in a principled way -- creates a disservice to yourself and others.

When you have clarified what is most important, the challenge then becomes resisting the urge to compromise when work, social pressures, and immediate gratification tempt you to deviate from what is really important.

This vital concern is apparent in all areas of life and often shows up when we make choices that determine how we spend our time. Since most of us have more opportunities and demands on us than we could ever fully satisfy, we need to carefully examine how our values connect with how we spend our time.

## LEADERSHIP AND CAREER

Acting in agreement with one's values has even more profound benefits when one is in leadership and able to influence numbers of others. When you act in accordance with your core values (i.e., act in a principled way), you do the "right thing" for its own sake, but you get the added bonus of being a more influential leader. People tend to be more receptive to the persuasive appeals of principled leaders. Principled leaders have more credibility and engender a higher level of trust. There is less concern that a principled leader will mislead or have a hidden agenda.

As we discover our values and acquire the discipline to live in agreement with them, we begin to see how they will support the passion that drives us to achieve our goals.



### CARRY YOUR VALUES WITH YOU

Conscious awareness of your values enables you to make decisions and set priorities with ease. Write them in your diary, hang them in your bathroom and put them in your wallet.

DESCRIBE HOW YOUR SIX KEY VALUES ARE BEING EXPRESSED IN EACH OF THE KEY AREAS IN YOUR LIFE.

Career/Business

[Empty dotted box for Career/Business]

Finances and Wealth

[Empty dotted box for Finances and Wealth]

Friends and Family

[Empty dotted box for Friends and Family]

Fun, Recreation and Entertainment

[Empty dotted box for Fun, Recreation and Entertainment]

Health and Fitness



Love Life



Personal/Spiritual Development



Physical Environment





DESCRIBE HOW YOUR SIX KEY VALUES ARE NOT BEING EXPRESSED IN EACH OF THE KEY AREAS IN YOUR LIFE.

Career/Business



Finances and Wealth



Friends and Family



Fun, Recreation and Entertainment



Health and Fitness



Love Life



Personal/Spiritual Development



Physical Environment



DO ANY OF YOUR TOP VALUES NEED TO CHANGE TO ACHIEVE THE NEW RESULTS THAT YOU ARE LOOKING FOR RIGHT NOW? IF SO, WHAT SPECIFICALLY DO YOU NEED TO CHANGE?

