

## What are your values?

Circle the values that resonate with you. Write down any others not on the list that align with you. Values are the answer to the question: "In a world where you could choose to have your ideal life be about something, what would you choose? What is important to you? When do you feel fulfilled?"

Abundance	Daring	Intuition	Acceptance	Decisiveness
Joy	Proactivity	Achievement	Dedication	Kindness
Professionalism	Advancement	Dependability	Knowledge	Punctuality
Adventure	Diversity	Leadership	Recognition	Advocacy
Empathy	Learning	Relationships	Ambition	Encouragement
Love	Reliability	Appreciation	Enthusiasm	Loyalty
Resilience	Attractiveness	Ethics	Making a Difference	Resourcefulness
Autonomy	Excellence	Teamwork	Mindfulness	Responsibility
Balance	Expressiveness	Motivation	Preparedness	Responsiveness
Being the Best	Optimism	Security	Benevolence	Open-Mindedness
Self-Control	Compassion	Boldness	Expressiveness	Originality
Selflessness	Brilliance	Fairness	Passion	Simplicity
Calmness	Family	Performance	Stability	Caring
Friendships	Courage	Personal development	Success	Challenge
Flexibility	Proactive	Charity	Freedom	Cleverness
Generosity	Risk Taking	Trustworthiness	Commitment	Growth
Safety	Understanding	Flexibility	Uniqueness	Cooperation
Happiness	Service	Usefulness	Collaboration	Health
Thankfulness	Cheerfulness	Recognition	Traditionalism	Spirituality
Versatility	Consistency	Honesty	Vision	Contribution
Humility	Peace	Warmth	Creativity	Humour
Perfection	Wealth	Credibility	Inclusiveness	Fun
Quality	Thoughtfulness	Community	Grace	Playfulness
Well-Being	Curiosity	Independence	Popularity	Wisdom
Accountability	Individuality	Power	Zeal	Innovation
Inspiration	Intelligence	Authenticity	Respect	Nature
Environment	Having purpose	Truth		

## Group Values

Group similar circled values together to create five groupings that make sense to you. For instance, these values could all be grouped together in one group: Adventure, Challenge, Fun, Playfulness, Joy, Independence

Choose one word within each group that best represents that label for that group which feels most aligned to you. In the above example, I might choose Adventure but someone else might choose Joy. There is no right or wrong.

Group 1 label:

Group 2 label:

Group 3 label:

Group 4 label:

Group 5 label:

These are your core values. Check in with yourself – does this feel like the five most important values for you?

Include any other (maximum 5) most important values here:

For each of your most important values, explain what it means or looks like to you and why it is important to you.

Value 1:

Value 2:

Value 3:

Value 4:

Value 5:

Value 6:

Value 7:

Value 8:

Value 9:

Value 10:





## **The difference between values and goals**

Winning a game (in other words the end result) might be your goal. The “process” of playing the game to achieve the goal is based on values ie how you show up, determination, not giving up, being respectful to others etc. Goals are achievements; values are ways of being.

What is your goal?

How can you achieve your goal by living in-line with your values? What values will move you closer to your goal?  
What are some examples of aligned actions you can take?

What actions are NOT aligned with your values?

What is the next step, aligned to your values, that you can take towards your goal?