

Values

ESTIMATED TIME

30 minutes + session discussion

1 What Is It?

A values assessment is a reflective tool used to help individuals identify and understand their core values. Our values are the fundamental beliefs and principles that guide a person's behaviour, decisions and priorities in life. Research suggests that those who act most consistently with their true values are more likely to take positive action, build resilience and overcome setbacks and difficulties.

2 Why Use This?

Being more tuned in to and aware of your values has been shown to support enhanced self-awareness, improved decision-making, increased motivation and engagement, stronger relationships, and a greater sense of purpose and meaning - helping to drive your actions and goal setting.

3 What To Do?

Work through the full list of values and consider which are most important to you and how you want to lead your life. Cross out those that are less important, or use ticks and highlights to identify those that are.

Then refine your choices to a top ten, a top five and finally a top three. As a final step, work through the questions for each of your top three values.

Values - the full list

Mark, circle or highlight the values that feel most important to you.

☐ Acceptance	☐ Effectiveness	☐ Influencing Others	☐ Purity
☐ Achievement	☐ Efficiency	☐ Inner Harmony	☐ Quality
☐ Advancement & Promotion	☐ Elegance	☐ Inspiration	☐ Radiance
☐ Adventure	☐ Entertainment	☐ Integrity	☐ Recognition
☐ Affection	☐ Enlightenment	☐ Intellect	☐ Relationships
☐ Altruism	☐ Equality	☐ Involvement	☐ Religion
☐ Arts	☐ Ethics	☐ Knowledge	☐ Reputation
☐ Awareness	☐ Excellence	☐ Leadership	☐ Responsibility
☐ Beauty	☐ Excitement	☐ Learning	☐ Risk Safety & Security
☐ Challenge	☐ Experiment	☐ Loyalty	☐ Self-Respect
☐ Change	☐ Expertise	☐ Magnificence	☐ Sensibility
☐ Community	☐ Exhilaration	☐ Making a Difference	☐ Sensuality
☐ Compassion	☐ Fairness	☐ Mastery	☐ Serenity
☐ Competence	☐ Fame	☐ Meaningful Work	☐ Service
☐ Competition	☐ Family	☐ Ministering	☐ Sexuality
☐ Completion	☐ Happiness	☐ Money	☐ Sophistication
☐ Connectedness	☐ Fast Pace	☐ Morality	☐ Spark
☐ Cooperation	☐ Freedom	☐ Mystery	☐ Speculation
☐ Collaboration	☐ Friendship	☐ Nature	☐ Spirituality
☐ Country	☐ Fun	☐ Openness	☐ Stability
☐ Creativity	☐ Grace	☐ Originality	☐ Status
☐ Decisiveness	☐ Growth	☐ Order	☐ Success
☐ Democracy	☐ Harmony	☐ Passion	☐ Teaching
☐ Design	☐ Health	☐ Peace	☐ Tenderness
☐ Discovery	☐ Helping Others	☐ Personal Development	☐ Thrill
☐ Diversity	☐ Helping Society	☐ Personal Expression	☐ Unity
☐ Environmental Awareness	☐ Honesty	☐ Planning	☐ Variety
☐ Economic Security	☐ Humor	☐ Play	☐ Wealth
☐ Education	☐ Imagination	☐ Pleasure	☐ Winning
	☐ Improvement	☐ Power	☐ Wisdom
	☐ Independence	☐ Privacy	

From many values to your top three

1

My top ten

2

My top five

3

My top three - in order

There is no right, wrong or expected list. This is a personal and confidential conversation with yourself.

Explore your top three values

Your top three values	VALUE #1	VALUE #2	VALUE #3
Why is this value important to you?			
How has this value been most visible in your past?			
How can this value be more visible in your future?			

Take time to reflect and make some mental notes on your process and thinking as you worked through the exercise. When reviewing the list, how did you decide, and how hard or easy did you find it to choose? Which were the definite ones not to include? Which stood out as most important?