

Values Exercise



Values are your moral compass; guiding/unchanging principles which dictate how you live your life and make decisions including establishing goals, deciding between right and wrong, determine what we believe, how we think, act, and speak. Values provide us with purpose, meaning, fulfillment and significance to what we do and what we stand for as we interact and impact others.

While personal values can change over time in response to changing life experiences; and be aspirational, core values remain unchanging.

Personal Values: lessons learned from life's trials and tribulation

Core Values: Embedded during our initial upbringing; emanates from the center of who we are and what is most important to us

Values assist you in making vital life decisions and provide motivation in life. They help you determine what is important. Goals and purposes are established through values and having values and honoring them gives life fulfillment.

Below is a comprehensive list of values. While a definition is provided, it is important to articulate what the value means to you personally. Use the worksheets attached to help you identify your personal/core values.

Value/Trait	Definition
Achievement/Success	Accomplishing and realizing a notable goal
Accountability/Ethics	Acting in accordance with moral principles pertaining to right and wrong conduct
Adaptability/Flexibility	Readily adjustable to change
Ambitious/Hardworking	Competing with others
Approval	Having other people like me
Arts	Enjoying music, art, and/or drama
Authenticity	To be fully present and without preconceived notions
Beauty	Appreciating and creating beauty (in any domain including arts, dancing, gardening)
Being Self	Ability to act with complete individuality
Belief/Philosophy	Adhering to truths and principles of being, knowledge, or conduct
Care/Nurture	To feed and protect To support and encourage To bring up; train; educate Experience love and affection daily
Challenge	Do activities that use my physical and/or mental capabilities
Change and Variety	Varied, frequently changing responsibilities and settings
Character/Moral Fulfillment	Knowing inside that I do the right, moral, just thing Feel that whatever I do contribute to a set of moral standards which I feel are very important

Value/Trait	Definition
Children	Having happy, healthy children
Community/Citizenship	To be deeply involved with a group that has a larger purpose beyond one's self To perform in effective and caring teamwork Do something which contributes to improving the world we live in
Competent/Effective	Pursuing suitable or sufficient skill, knowledge, experience Fit, capable, proficient
Competition/Competitiveness	Engage in activities which pit my abilities against another
Congruence	To express and act in a manner that is consistent with personal beliefs
Construction/New Order	To develop a plan of action to implement an idea that will have a positive impact
Courtesy/Hospitality	To treat others as I wish to be treated; friendly reception and treatment of others Uses good manners Is polite Is thoughtful of others
Creativity	To be innovative To create new and better ways of doing things Designing things
Decision/Initiation	Ability to take a course of action based on personal conviction, without needing the approval of others Having power to decide course of action
Detachment/Solitude	The attitude of aloofness that leads to diminishing the quality of relationships with others
Diligence	Constant and earnest effort ; persistence and focus
Discipline	To behave in accordance to rules of conduct To maintain order by training and control
Duty/Obligation	Feeling a sense of duty arising from custom, promise, or law, etc.
Economics/Success	Reaching financial goals To achieve significant goals To be involved in undertakings I believe personally are significant – whether or not they bring me recognition from others
Economics/Profit	Monetary gain and accumulation of adequate wealth to ensure financial security
Education/Knowledge	Acquisition or constant pursuit of knowledge; intellectual curiosity Teaching others
Efficiency/Planning	To maximize performance and effective utilization of resources
Empathy	Identifying or vicarious experiencing of the feelings, thoughts or attitudes of another
Encouragement	To inspire with courage, spirit, or confidence
Endurance/Patience	Ability or strength to continue or last; stamina; steadily persevering
Enjoyment	To take pleasure in my life To possess and benefit from my life choices
Equality/Liberation	Upholding the importance of individual equality
Excellence	Pursuit of highest and best quality
Excitement/Adventure	Motivated by risk and unusual experiences Experience a high degree of (or frequent) excitement Have duties which require frequent risk-taking
Expressiveness/Joy	To openly show great delight and elation
Faith/Hope	To have complete trust and confidence To maintain a feeling of expectation and desire

Value/Trait	Definition
Faith/Risk/Vision	Steadfast and unwavering in pursuit of one's vision
Faithfulness/Commitment	To stay true to one's word, promises, vows Reliable, trusted, believed
Fame	To be recognized as someone special by large numbers of people
Family/Belonging	To have time with my family Having a sense of belonging to a supportive family Making sure my family members are healthy and safe
Forgiveness	Disposition or willingness to forgive
Freedom	Being able to do or say what I want
Friendships/Social Relationships	To have strong, mutual heart relations with other people Having genuine and close friends that I can count on To connect beyond words and actions
Frugality/Simplicity	Prudent; not wasteful Absence of luxury, pretentiousness
Generosity/Compassion	Unselfishly serving others
Gentleness	Having a kindly and amiable manner
Goodness	Moral excellence; virtue
Grace	Elegance or beauty of form, manner, motion or action Pleasing or attractive quality or endowment
Gratitude	Quality or feeling of being thankful
Happiness	To be content within myself and within my life Experiencing positive mood states
Health/Healing/Physical Well-Being	To be physically, emotionally, and mentally fit Being free from disease or sickness; feeling good physically
Honesty/Truthfulness	Tell the truth; being straightforward with others; being able to tell people what I really think and believe Having others be honest with me Without blame or judgment
Human Dignity	Recognizing that every human is inherently a valuable member of the community and should be shown respect Upholding human rights
Humility	Not proud or arrogant; modest
Independence/Self-Sufficient	To have freedom of thought and action To be able to act in terms of my own time schedules and priorities
Indulgence/Pleasure	To seek greatest amount of pleasure possible
Influence	To have an effect on the character or behavior of someone or something
Integrity	To live and work consistent with my personal values and standards To acknowledge/stand up for my personal beliefs Act in an honorable way- Do the right thing
Interdependence	Giving preference to cooperation, both personal and inter-organizational, over independent action Favor mutually dependent relationships
Justice/Social Order	To engage in just behavior or fair treatment; having others treat me fairly and justly Standing against human oppression Caring for the weak
Kindness	Showing good or benevolent nature or dispositions Considerate or helpful
Knowledge/Insight	Apprehending the true nature of a thing, especially through intuitive understanding

Value/Trait	Definition
Law/Rule	Adhering closely to a principle or regulation governing conduct, action, procedure, arrangement
Leadership	To motivate and energize other people To feel responsible for identifying and accomplishing needed group tasks Be in position to influence the attitudes or opinions of other people
Limitation/Acceptance	Understanding that every individual has limitations
Limitation/Celebration	Celebrating limitations as a way of defining one's unique skills and talents
Location	To be able to live where I want to live
Love	To maintain a deep feeling of affection for life Having relationships involving love and affection
Loyalty/Fidelity	Faithfulness to commitments or obligations Strict observance of promises, duties Sticking with people who are close to me and/or believe what I do
Membership/Institution	Taking pride in belonging to an organization and working with others
Nature	Appreciating elements of the natural world, as mountains, trees, animals or rivers; the universe, with all its phenomena
Novelty/Change	State or quality of being different from anything seen or known before
Ownership	Taking pride in what you own and the responsibilities you have
Peace	To create tranquility within myself, my family, and the world; living in peaceful, harmonious society and environment Resolving disputes
Power	To do something or to act in a particular way To influence the behavior of others the emotions, or the course of events To have authority given or delegated to you To have physical strength or force
Productivity	Motivated by the pursuit and completion of goals and objectives
Purity	Innocence Freedom from guilt or evil
Reason	Sound judgment; good sense Establishing objective criteria for decision-making
Recognition	To be recognized for whom I am and my contribution to life To become a known and respected authority in what I do To be publicly recognized
Recreation/Leisure/Sport	Taking the time to relax and play Having time for hobbies, sports or other activities Enjoying life, having fun in life
Relaxation	Encouraging relief from bodily or mental work, effort, application Leading a stress-free life; taking a time out
Research	Diligent and systematic inquiry or investigation into a subject in order to discover or revise facts, theories, applications; investigate carefully and extensively
Respect for Self	To have a high regard for who I am Feeling good about myself To not abuse my body or spirit through drugs, laziness or putdowns To strive to be the best I can be
Respect for Others	Recognize the worth of other people To show others that I value and appreciate them through my actions and comments
Responsibility/Trustworthy	To choose between what is right and what is wrong To be responsible for my behavior and accept the consequences of my behavior Can be trusted; Are reliable
Safety/Security	Being safe from danger and free from harm Maintaining safety and security of loved ones

Value/Trait	Definition
Search/Meaning/Hope	Exploring and understanding one's collective talents in order to use them most effectively in the world
Self-Assertion	Insistence on or expression of one's own importance, wishes, needs, opinions or the like
Self-Control/ Temperance	Having significant control or restraint of oneself or one's actions, feelings, etc.
Self-Development	Acting to maximize individual potential
Self-Discipline	Resisting temptation
Self-Improvement	Striving to be a better person
Selflessness	Having little or no concern for oneself Unselfish
Service	To contribute to the well-being and satisfaction of others To help people in need Aspire to improve society
Sharing/Listening/Trust	Displaying mutual openness and the willingness to listen
Spirituality/Religion	Acting consistently with my religious faith and beliefs Being one with God or higher being
Stability	Have a routine and duties that are largely predictable
Status/Prestige	To be seen by others as successful To become well known To obtain recognition and status in my chosen field
Tolerance/Unity/Diversity	Freedom from bigotry Present fair, objective and permissive attitude toward opinions and practices that differ from one's own Embracing diversity
Tradition	Respecting and honoring a long established or inherited way of thinking or acting Continuing pattern of culture beliefs or practices
Truth	To discern fact from fiction
Unity/Uniformity	Achieving efficiency, order, loyalty, and conformity to established norms in an organization
Wealth/Abundance	To earn a great deal of money (i.e. well beyond my family's basic needs); extremely plentiful To be financially independent
Wisdom	To grow in understanding of myself, my personal calling and life's real purpose To grow in knowledge and practice my spiritual beliefs To find lasting meaning in what I do
Wonder/Curiosity	Sensing excitement about the world in which we live Discovering new things
Work/Career/Labor	Focusing on developing a successful and fruitful career Working hard to meet one's responsibilities
Work Ethic	Feeling satisfied from a job well done
Work Mastery	Become an expert in whatever work I do
Workmanship/Art/Craft	Crafting new inventions Working with hands Building and repairing things

STEP 1

Instructions: Review the list of values. Try to narrow down to no more than 5 values that really resonate with you. In Column A: List out those values. In Column B: Describe what that value means to you.

	A. Value/Trait	B. Definition: What does it mean to you?
1		
2		
3		
4		
5		

STEP 2

Instructions: Review the list of values you selected in step one. It's important to consider the differences between your perceived level of importance of the value and your actual level of practice in your daily life. Rate each question for each value to determine if those values you selected are truly ones you practice in your life. After thoughtful consideration, see if you need to further narrow your list of values.

Rating: 1=Strongly Disagree / 2=Disagree / 3=Neutral / 4=Agree / 5=Strongly Agree

	Value 1	Value 2	Value 3	Value 4	Value 5
I chose this value freely from a list of alternatives, only after thoughtful consideration to the consequences of each alternative.					
I chose this value because other people would be upset with me if these values were not important to me.					
I chose this value because I would feel guilty or ashamed if these values were not important to me.					
These values are important to me whether or not others agree; I prize and cherish these values and am willing to publicly affirm them, when appropriate.					
Living consistently with these values makes my life more meaningful					
I act on the value repeatedly in some pattern and consistency.					
I experience fun and enjoyment when I live consistently with these values					

