

# Values Explorer

## HOW TO USE:

- 1 Print out the second page of this document and grab a pen!
- 2 Read through the words on the page and quickly cross off the values that do not resonate with you.
- 3 Cycle back through the remaining words and contemplate each value with a few filters until you reduce these to 5 values:

*Does this define me?*

*Is this who I am at my best?*

*Is this a filter that I use to make hard decisions?*

*Can I provide 3 or 4 behaviors that support this value?*

- 4 Document your top 5 values at the bottom of the page.
- 5 CONGRATULATIONS - you are ready to live your life, honoring your values!



# Values Explorer

ACCEPTANCE	To feel like I belong and accepted as I am	INDEPENDENCE	To be free from dependence of others
ACCOUNTABILITY	To carry out my duties and obligations	INDUSTRIOUS	To work hard and well at my life tasks
ACCURACY	To be accurate in opinions and beliefs	INFLUENCE	To have an effect on others development or behavior
ACHIEVEMENT	To have important accomplishments	JUSTICE	To promote fair and equal treatment for all
ADAPTABILITY	To adjust to new circumstances	KINDNESS	To be friendly, generous and considerate
ALTRUISTIC	To show selfless concern for the well-being of others	LEARNING	To acquire knowledge or skills through experience or curiosity
AMBITION	To take initiative to achieve something	LEISURE	To take time to relax and enjoy
ATTRACTIVENESS	To be physically attractive	LOVE	To be loved and give love to those close to me
AUTHORITY	To be in charge and responsible for others	LOYALTY	To be faithful and true to others
AUTONOMY	To be self-determined and independent	MINDFULNESS	To live conscious and mindful of the present moment
BEAUTY	To appreciate the beauty around me	MODERATION	To avoid excess and find a middle ground
CHALLENGE	To take on difficult tasks and problems	NON-CONFORMITY	To question and challenge authority and norms
CHANGE	To have a life full of change and variety	NURTURANCE	To take care of and nurture others
COMFORT	To have a pleasant and comfortable life	OPENNESS	To be open to experiences, ideas and options
COMMITMENT	To make enduring and meaningful commitments	ORDER	To have a life that is well ordered and organized
COMPASSION	To feel and act on the concern of others	PLEASURE	To feel good
CONTRIBUTION	To make a lasting contribution on the world	POPULARITY	To be known and recognized by many people
COOPERATION	To work collaboratively with others	POWER	To have control over others
COURAGE	To have the strength to do something that is frightening	PRIDE	To feel pleasure or satisfaction from one's own achievements
COURTESY	To be considerate and polite towards others	PURPOSE	To have meaning and direction in my life
CREATIVITY	To have new and original ideas	RATIONALITY	To be guided by reason and logic
DEPENDABILITY	To be reliable and trustworthy	RECOGNITION	To be acknowledged or appreciated by others
ECOLOGY	To live in harmony with the nature and the environment	RESOURCEFULNESS	To have the ability to find clever ways to overcome challenges
EQUALITY	To be impartial and treat others with fairness	RESPECT	To treat others with dignity, tolerance and patience
EXCELLENCE	To be outstanding or extremely good	RESPONSIBILITY	To make and carry out responsible decisions
EXCITEMENT	To have a life of thrills, stimulation or adventure	RISK TAKING	To take risks and chances
FAME	To be known for a notable achievement	SAFETY	To be safe and secure
FAMILY	To have a happy, loving family	SELF CONFIDENCE	To feel good about myself and appreciate my own abilities
FITNESS	To be physically fit and strong	SELF CONTROL	To be disciplined in my own actions
FORGIVENESS	To be forgiving of others	SELF KNOWLEDGE	To have a deep and honest understanding of myself
FRIENDSHIP	To have close, supportive friends	SERENITY	To experience calm and peace for oneself and the world
FUN	To play and have fun	SERVICE	To be helpful and useful to others
GENEROSITY	To give what I have to others	SIMPLICITY	To live simply with minimal needs
GENUINENESS	To be authentic and act in a manner that is true to who I am	SPIRITUALITY	To grow and mature spiritually
GROWTH	To keep changing and growing	STABILITY	To have a life that stays consistent and secure
HEALTH	To be physically well and healthy	TRADITION	To follow respected patterns and legacies from the past
HONESTY	To be honest and truthful	VIRTUE	To live a morally pure and excellent life
HOPE	To maintain a positive and optimistic outlook	VUNERABILITY	To share my innermost experiences with others
HUMILITY	To be modest and unassuming	WEALTH	To have plenty of money
HUMOUR	To see the humorous side of myself and the world	WISDOM	To be competent and extremely knowledgeable
INCLUSION	To act to include a variety of people, thoughts or options		Write your own

My top 5 values

---



---



---



---



---

