



Your Top 5 Values

Identifying your values will make it much easier for you to work out how you need to adjust what you are doing in your life and work.

So what is really important to you? What are the things that make you feel you are really doing what you were put on this earth to do? Which activities leave you feeling fulfilled and satisfied?

What is it about them that makes them so special? It is usually the fact that a core value is being met – something like challenge, fun, contribution or order. They will be different for each of us.

- What follows is an inventory of core values that you can read through and see which values ring true for you.
- Just use ticks and crosses to mark off values or, if you prefer, use a rating to help you work out which are more important.
- Remember that no list can ever be complete. There may be some additional personal values that are unique to you, so don't be limited by the list. Just add anything else that just feels right.



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

Other values that are not on this list:



The 5 most important values:

1.

2.

3.

4.

5.

Take some time to discuss the selected values. Take each value and spend a bit of time summarising what it means to you and why it matters. So if you have chosen creativity, write down what being creative means to you. Does it mean actually making your own work or is it perhaps about being able to come up with new and interesting ideas and approaches to problems at home and in the workplace? Write down the definition of each value.

Value 1:

Means: _____

Is important to you because: _____

Value 2:

Means: _____

Is important to you because: _____



Value 3:

Means: _____

Is important to you because: _____

Value 4:

Means: _____

Is important to you because: _____

Value 5:

Means: _____

Is important to you because: _____
