

# Values Exercise

Knowing our values can determine how we want to behave, what sort of person we want to be, and the kind of qualities and strengths that we would like to develop. Values relate to life purpose and guide our choices in life, but we are sometimes unaware of them as they are often internalised from childhood. Identifying them helps us work out the changes that need to be made to help us live a more fulfilled and authentic life.

This exercise may help you to determine what's important to you in life and whether you are living within these values.

Have a read through the following values and circle the ones that you think apply the most and are important to you. If any of your values aren't listed, then you can add them on the next page.

Accomplishment,  
Achievement

Accountability,  
Responsibility

Accuracy, Precision

Adventure

Aesthetics, Beauty

Allegiance, Unity

Assurance, Stability

Authenticity, Genuineness,

Authority, Power

Belonging, Membership

Calm, Peace/Inner peace

Constancy, Permanence

Challenge

Change, Transformation

Choice

Cleanliness, Tidiness

Collaboration, Teamwork

Closeness, Intimacy

Commitment, Obligation

Dedication, Devotion

Communication

Community

Competence, Ability

Competition, Contest

Confidence, Self-reliance

Connection, Bond

Contribution, Concern for  
others

Content over form

Creativity, Originality

Decisiveness, Resolve

Discovery, Exploration

Decency, Kindness

Determination

Dependability, Reliability

Development, Progress

Discipline, Regulation

Ease of Use, Practicality

Efficiency, Productivity

Excellence, Perfection

Excitement, Enthusiasm

Faith, Belief

Flair, Style

Family, Family feeling

Familiarity

Freedom, Free will

Friendship, Comradeship

Fun, Pleasure, Enjoyment

Gratitude, Appreciation

Hard work

Harmony, Agreement

Happiness, joy

Honesty, Integrity

Honour, Respect

Independence, autonomy

Justice, Equality

Knowledge

Leadership

Lifestyle, Standard of living	Perseverance, Insistence	Speed, Pace
Love	Punctuality, Timekeeping	Status, Rank
Loyalty, Fidelity	Quality of work	Strength, Potency
Money, Wealth	Resourcefulness	Systemisation, Standardisation
Novelty, Freshness	Respect for others	Tolerance, Broadmindedness
Openness, Candidness	Responsiveness, Providing service	Tradition, Custom
Order, Structure	Results-oriented	Truth, Reality
Patience, Endurance	Romance	Uniqueness, Distinctiveness
Patriotism, Nationalism	Safety, Security	Variety, Diversity
Peace, Non-violence	Satisfaction, Contentment	Warmth, Affection
Personal growth, Personal development	Sensitivity, Awareness	Wisdom, Perception
Preservation, Conservation	Sympathy, Compassion	Winning, Triumphant
Privacy	Solving Problems	

*My values not on the list:*.....  
.....  
.....

Now select the 10 most important values to you - number 1 being the value that you feel most strongly about. You may find that you have different sets of values for different parts of your life, such as work, home, relationships, friendships etc. If so, you may wish to make smaller lists (of 5 for example) of the top values in your chosen life areas.

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Consider whether you are living your life within these values.

Are there any particular areas that you'd like to work on and improve?

If so, how will you do this?

How do you imagine them changing your current behaviours and/or situation?

Can you foresee any challenges either when making, or following these changes?

If you would like to make an appointment to discuss the above in further detail than please get in touch on 07817 440902 or via email: [info@traceyyork.co.uk](mailto:info@traceyyork.co.uk)

