

Exploring Values

Your values are the beliefs that define what is most important to you. They act as a guide for your decisions. Oftentimes, our values are greatly influenced by important people in our life, and our society.

Fill in the four most important values for each topic below:

My mother's values:

- 1.
- 2.
- 3.
- 4.

My father's values:

- 1.
- 2.
- 3.
- 4.

An important person to me values:

- 1.
- 2.
- 3.
- 4.

Society's values:

- 1.
- 2.
- 3.
- 4.

The values I would like to live by:

- 1.
- 2.
- 3.
- 4.

The values I actually live by:

- 1.
- 2.
- 3.
- 4.

My Strengths and Qualities

Things I am good at:

1

2

3

Compliments I have received:

1

2

3

What I like about my appearance:

1

2

3

Challenges I have overcome:

1

2

3

I've helped others by:

1

2

3

Things that make me unique:

1

2

3

What I value the most:

1

2

3

Times I've made others happy:

1

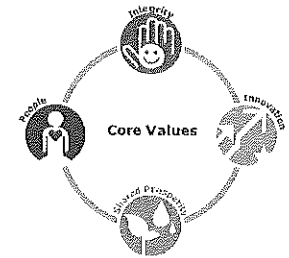
2

3

CORE VALUES

To discover your **PERSONAL** values, look at the list below of more than 100 personal and work values. Tick your top 25.

NB: This list is by no means exhaustive and can add to it accordingly ☺



- | | | |
|---|--|---|
| <ul style="list-style-type: none"> ○ Accomplishment ○ Achievement ○ Accountability ○ Accuracy ○ Adventure ○ Attitude - positive ○ Beauty ○ Calm ○ Challenge ○ Change ○ Collaboration ○ Commitment ○ Communication ○ Community ○ Comfort ○ Compassion ○ Competence ○ Competition ○ Connection ○ Cooperation ○ Coordination ○ Creativity ○ Decisiveness ○ Delight of being, joy ○ Democracy ○ Discipline ○ Discovery ○ Diversity ○ Effectiveness ○ Efficiency ○ Empowerment ○ Excellence ○ Fairness ○ Faith ○ Faithfulness ○ Family ○ Flair ○ Flexibility ○ Focus ○ Freedom ○ Friendship | <ul style="list-style-type: none"> ○ Fun ○ Global view ○ Good health ○ Gratitude ○ Greatness ○ Growth ○ Happiness ○ Hard work ○ Harmony ○ Honesty ○ Improvement ○ Independence ○ Individuality ○ Inner peace ○ Innovation ○ Integrity ○ Intuitiveness ○ Justice ○ Knowledge ○ Leadership ○ Learning ○ Love ○ Loyalty ○ Management ○ Maximum utilization (of time, resources) ○ Meaning ○ Modelling ○ Money ○ Openness ○ Orderliness ○ Passion ○ Peace - inner ○ Perfection ○ Personal Choice ○ Pleasure ○ Power ○ Practicality ○ Preservation ○ Privacy ○ Progress | <ul style="list-style-type: none"> ○ Prosperity ○ Punctuality ○ Purpose ○ Recognition ○ Regularity ○ Relationships ○ Reliability ○ Resourcefulness ○ Respect for others ○ Responsibility ○ Results-oriented ○ Safety ○ Satisfaction ○ Security ○ Self-giving ○ Self-reliance ○ Self-thinking ○ Service (to others, society) ○ Simplicity ○ Skill ○ Solving Problems ○ Speed ○ Spontaneity ○ Standardisation ○ Status ○ Structure ○ Succeed; A will to ○ Success; Achievement ○ Teamwork ○ Techniques ○ Timeliness ○ Tolerance ○ Tradition ○ Transformation ○ Tranquility ○ Trust ○ Truth ○ Unity ○ Variety ○ Wealth ○ Wisdom |
|---|--|---|

Once you have a list of 25 values, look at them again and then highlight **10 core PERSONAL values** that are most important to you. Write them below:

My 10 Core Personal Values	
1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

Values Clarification

Your values are the beliefs that define what is most important to you. They guide each of your choices in life. For example, someone who values family might try to spend extra time at home, while someone who values success in their career may do just the opposite. Understanding your values will help you recognize areas of your life need more attention, and what to prioritize in the future.

Select the 10 most important items from the following list. Rank them from 1-10 with "1" being the most important item.

- | | |
|---|---------------------------------------|
| <input type="checkbox"/> Love | <input type="checkbox"/> Honesty |
| <input type="checkbox"/> Wealth | <input type="checkbox"/> Humor |
| <input type="checkbox"/> Family | <input type="checkbox"/> Loyalty |
| <input type="checkbox"/> Morals | <input type="checkbox"/> Reason |
| <input type="checkbox"/> Success | <input type="checkbox"/> Independence |
| <input type="checkbox"/> Knowledge | <input type="checkbox"/> Achievement |
| <input type="checkbox"/> Power | <input type="checkbox"/> Beauty |
| <input type="checkbox"/> Friends | <input type="checkbox"/> Spirituality |
| <input type="checkbox"/> Free Time | <input type="checkbox"/> Respect |
| <input type="checkbox"/> Adventure | <input type="checkbox"/> Peace |
| <input type="checkbox"/> Variety | <input type="checkbox"/> Stability |
| <input type="checkbox"/> Calmness | <input type="checkbox"/> Wisdom |
| <input type="checkbox"/> Freedom | <input type="checkbox"/> Fairness |
| <input type="checkbox"/> Fun | <input type="checkbox"/> Creativity |
| <input type="checkbox"/> Recognition | <input type="checkbox"/> Relaxation |
| <input type="checkbox"/> Nature | <input type="checkbox"/> Safety |
| <input type="checkbox"/> Popularity | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Responsibility | <input type="checkbox"/> _____ |