



My Values Exercise

1. Determine your core values. From the list below, choose and write down every core value that resonates with you. Do not overthink your selections. As you read through the list, simply write down the words that feel like a core value to you personally. If you think of a value you possess that is not on the list, be sure to write it down as well

Abundance	Daring	Intuition	Preparedness
Acceptance	Decisiveness	Joy	Proactivity
Accountability	Dedication	Kindness	Professionalism
Achievement	Dependability	Knowledge	Punctuality
Advancement	Diversity	Leadership	Recognition
Adventure	Empathy	Learning	Relationships
Advocacy	Encouragement	Love	Reliability
Ambition	Enthusiasm	Loyalty	Resilience
Appreciation	Ethics	Making a Difference	Resourcefulness
Attractiveness	Excellence	Mindfulness	Responsibility
Autonomy	Expressiveness	Motivation	Responsiveness
Balance	Fairness	Optimism	Security
Being the Best	Family	Open-Mindedness	Self-Control
Benevolence	Friendships	Originality	Selflessness
Boldness	Flexibility	Passion	Simplicity
Brilliance	Freedom	Performance	Stability
Calmness	Fun	Personal Development	Success
Caring	Generosity	Proactive	Teamwork
Challenge	Grace	Professionalism	Thankfulness
Charity	Growth	Quality	Thoughtfulness
Cheerfulness	Flexibility	Recognition	Traditionalism
Cleverness	Happiness	Risk Taking	Trustworthiness
Community	Health	Safety	Understanding
Commitment	Honesty	Security	Uniqueness
Compassion	Humility	Service	Usefulness
Cooperation	Humour	Spirituality	Versatility
Collaboration	Inclusiveness	Stability	Vision
Consistency	Independence	Peace	Warmth
Contribution	Individuality	Perfection	Wealth
Creativity	Innovation	Playfulness	Well-Being
Credibility	Inspiration	Popularity	Wisdom
Curiosity	Intelligence	Power	Zeal



2. Group all similar values together from the list of values you just created.

Group them in a way that makes sense to you, personally. Create a maximum of five groupings. If you have more than five groupings, drop those least important. See the example below.

Abundance	Acceptance	Appreciation	Balance	Cheerfulness
Growth	Compassion	Encouragement	Health	Fun
Wealth	Inclusiveness	Thankfulness	Personal	Happiness
Security	Intuition	Thoughtfulness	Development	Humor
Freedom	Kindness	Mindfulness	Spirituality	Inspiration
Independence	Love		Well-being	Joy
Flexibility	Making a			Optimism
Peace	Difference			Playfulness
	Open-			
	Mindedness			
	Trustworthiness			
	Relationships			

3. Choose one word within each grouping that best represents the label for the entire group. Again, do not overthink your labels. There are no right or wrong answers. You are defining the answer that is right for you. See the example below – the label chosen for the grouping is bolded.

Abundance	Acceptance	Appreciation	Balance	Cheerfulness
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Security	Intuition	Thoughtfulness	Development	Humour
Freedom	Kindness	Mindfulness	Spirituality	Inspiration
Independence	Love		Well-being	Joy
Flexibility	Making a			Optimism
Peace	Difference			Playfulness
	Open-			
	Mindedness			
	Trustworthiness			
	Relationships			