
EXERCISE - Recognising my values

This exercise clarifies the values in your life that give life meaning. Aligning your life with your values will give you a deeper understanding of what you consider most important and will help you consider if your life has become misaligned from your values somewhere along the way.

Look through the table below and select at least 10 values that really connect with you, to who you are and what matters to you as a person. (It's very normal that you might connect with lots of the values listed and that's ok, but for this exercise use your instinct and see if you can select 10 values that really stand out to you). Once you have selected your top 10, see if you can select your top 6 values that are most important and representative of you and what you stand for as a human being.

Adventure	Authenticity	Autonomy
Beauty	Being liked	Being of use
Challenge	Choice	Clarity
Collaboration	Commitment	Communication
Compassion	Competence	Confidence
Conscientiousness	Consistency	Contribution
Creativity	Culture	Curiosity
Dignity	Discovery	Efficacy
Encouragement	Equality	Excitement
Exploration	Fairness	Faith
Feeling needed	Forgiveness	Freedom
Fun	Growth	Honesty
Humour	Inclusion	Integrity
Interest	Intimacy	Joy
Justice	Kindness	Knowledge
Love	Loyalty	Meaning
Mindfulness	Order	Passion
Patience	Pleasure	Popularity
Predictability	Purpose	Recognition
Reflection	Relaxation	Reputation
Respect	Responsibility	Security
Self-awareness	Self-care	Self-control
Self-expression	Social justice	Space
Stability	Spirituality	Spontaneity
Transparency	Trustworthiness	Understanding
Wealth	Wisdom	Other

Write your 6 values here:
