

# IDENTIFY YOUR VALUES WORKBOOK



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# Values

Values are the principals or ideals we hold as important, good, desirable, or worthwhile. Below is a list of widely held values. You may hold some values that are not on this list. Feel free to add more if you care deeply about something that is not on the list. Review the values on the attached list. Circle or mark 10 values that you feel are most important in your life today. You don't have to think about this too much. It is usually fairly accurate to quickly identify the values that resonate with you, move you, and jump out at you. BE HONEST! Don't select something (or not) because you feel it is something that you should or shouldn't value. After you've got a personal list of top values, you'll want to simplify! Pare it down and highlight your top three.

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Acceptance	Family	Justice	Resourcefulness
Adventure	Fairness	Kindness	Respect
Authenticity	Fitness	Knowledge	Safety
Beauty	Fame	Leadership	Self-discipline
Community	Friendship	Life	Simplicity
Compassion	Freedom of Speech	Love	Skill or Talent
Courage	Fun	Loyalty	Spirituality
Creativity	Generosity	Manners	Strength (physical)
Discipline	Health	Mercy	Success
Diversity	Helping Others	Open-mindedness	Tolerance
Education	Honesty	Ownership	Tradition
Entertainment	Humour	Peace	Trust
Environment	Individuality	Popularity	Wealth
Equality	Independence	Power	Work Ethic

# Am I living a life aligned with my values?

When I make decisions in business are my values reflected? For example, I value kindness. I ensure I act kindly to myself while running my business including taking time off when unwell.

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Is there anything preventing you from living according to your values? For example, I value family but find it hard to put clear boundaries around work to protect time with them. This comes from a fear that my business will fail if I do not work all the time.

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