

FINDING YOUR *Values* ACTIVITY



Our values make up a core component of ourselves. They help guide our actions and goals in life. Values establish our identity and what is important to us. Use this activity to help you find your core values.

Step 1: Thinking of what is most important to you, look through the list of values below and identify which values fit most with you. Cross out the ones that don't mean as much or highlight the ones you have chosen. There are some spaces down the bottom if you feel there are some missing.

Acceptance	Accomplish	Accountability	Accuracy	Gratitude
Adventure	Authenticity	Alertness	Ambition	Happiness
Assertiveness	Attentiveness	Authenticity	Awareness	Growth
Balance	Beauty	Boldness	Bravery	Humility
Calmness	Capable	Careful	Caring	Grace
Challenge	Charity	Cleanliness	Clever	Hard Work
Comfort	Commitment	Communication	Compassion	Honesty
Competence	Confidence	Consistency	Contentment	Honor
Contributions	Control	Collaboration	Courage	Humor
Courtesy	Creativity	Credibility	Curiosity	Imagination
Dignity	Discipline	Diversity	Efficiency	Independance
Empathy	Endurance	Energy	Enjoyment	Insight
Enthusiasm	Equality	Ethical	Excellence	Intuition
Experience	Fairness	Faith	Fame	Family
Fearlessness	Fidelity	Fitness	Focus	Forgiveness
Freedom	Friendship	Fun	Generosity	Integrity
Intelligence	Joy	Justice	Kindness	Knowledge
Lawful	Leadership	Learning	Loyalty	Love
Logic	Maturity	Meaning	Motivation	Openness
Optimism	Organization	Peace	Passion	Patience
Respect	Responsibility	Security	Sincerity	Success
Thoughtful	Trustworthiness	Understanding	Uniqueness	Vitality
Wealth	Wisdom			

Step 2: Group similar values together in the table below. Try to keep the values within four - five categories. If you find you have too many value groups, go over what your chosen list of values and cross out what is least important out of those values. There are no right or wrong answers.

e.g. You may group ‘Honesty’, ‘Openness’, ‘Authenticity’ and ‘Trustworthiness’ together as they are similar in nature.

Group 1	Group 2	Group 3	Group 4	Group 5

Step 3: Choose One value from each group that **BEST** represents that group of values. Circle or highlight it.

Step 4: Place that value into a short phrase of statement that will help guide your actions, decisions, and goals from this moment forward. Write them in order of importance below.

Some examples:

- *Seek opportunities for* _____
- *Act with* _____
- *Promote* _____
- *Be inspired by* _____
- *Prioritize* _____
- *Live with* _____

1.	
2.	
3.	
4.	
5.	

Congratulations!

You now have an actionable list of core values.

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Please Note: This activity should not be used in place of therapy. If you have been struggling with identifying or living by your values, please seek professional support.