



## Discovering your Values

### Why Do This?

A lot of us go through our days without stopping to think why we do the things we do. We've taken a series of decisions based on what is conventional wisdom or what others thought was 'good for us.' But our mind and body are closely interconnected with each other and our body often tells us what our minds have been trained to ignore. If you have ever gone through your day feeling 'this doesn't feel right', or an uncomfortable feeling (which you're probably an expert at ignoring now) that 'surely there's more,' then it's probably a good idea to check in with your core values and assess if there's scope for improvement.

### Instructions

This worksheet is designed to help you identify and work with your core values. The more honest you are and the more deeply you look within, the easier the process will become. Don't be disheartened if you struggle at first. Personal clarity is an ongoing process and just like anything else, takes practice.

## VALUES HIERARCHY WORKSHEET

### WORKSHEET

#### PART I – INDIVIDUAL VALUES

Make a list of values that are important to your life. See the [appendix](#) to help you get started. You can make your initial list as exhaustive as you like.

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Narrow it down to 5 (if you have more than 5)

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Rate them in order of importance (1 – most important; 5 – less important)

1.
2.
3.
4.
5.

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### PART II – VALUES AND THE EXTERNAL WORLD

Think of various roles you play in life. (Some common examples are parent, child, partner, employer, employee, sibling, friend. It is not necessary to pick only those roles you are currently engaged in. You can also include roles you want to play in future such as entrepreneur, caregiver, spouse, artist, writer.) Write them all down.

Narrow them down to ten (if you have more than ten)

Rate them in order of importance (1 – most important; 10 – less important)

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.



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### APPENDIX – LIST OF VALUES

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