

Identifying Your Values

Values are your heart's deepest desires for how you want to behave as a human being. Values are not about what you want to get or achieve; they are about how you want to behave or act on an ongoing basis. There are literally hundreds of different values, but below you'll find a list of the most common ones. Probably, not all of them will be relevant to you. Keep in mind there are no such things as 'right values' or 'wrong values'. It's a bit like our taste in pizzas. If you prefer ham and pineapple but I prefer salami and olives, that doesn't mean that my taste in pizzas is right and yours is wrong. It just means we have different tastes. And similarly, we may have different values. So read through the list below and write a letter next to each value: V = Very important, Q = Quite important, and N = Not so important.

Acceptance: to be open to and accepting of myself, others, life etc
Adventure: to be adventurous; to actively seek, create, or explore novel or stimulating experiences
Assertiveness: to respectfully stand up for my rights and request what I want
Authenticity: to be authentic, genuine, real; to be true to myself
Beauty: to appreciate, create, nurture or cultivate beauty in myself, others, the environment etc
Caring: to be caring towards myself, others, the environment etc
Challenge: to keep challenging myself to grow, learn, improve
Compassion: to act with kindness towards those who are suffering
Connection: to engage fully in whatever I am doing, and be fully present with others
Contribution: to contribute, help, assist, or make a positive difference to myself or others
Conformity: to be respectful and obedient of rules and obligations
Cooperation: to be cooperative and collaborative with others
Courage: to be courageous or brave; to persist in the face of fear, threat, or difficulty
Creativity: to be creative or innovative
Curiosity: to be curious, open-minded and interested; to explore and discover
Encouragement: to encourage and reward behavior that I value in myself or others
Equality: to treat others as equal to myself, and vice-versa
Excitement: to seek, create and engage in activities that are exciting, stimulating or thrilling
Fairness: to be fair to myself or others
Fitness: to maintain or improve my fitness; to look after my physical and mental health and wellbeing
Flexibility: to adjust and adapt readily to changing circumstances
Freedom: to live freely; to choose how I live and behave, or help others do likewise
Friendliness: to be friendly, companionable, or agreeable towards others
Forgiveness: to be forgiving towards myself or others
Fun: to be fun-loving; to seek, create, and engage in fun-filled activities
Generosity: to be generous, sharing and giving, to myself or others
Gratitude: to be grateful for and appreciative of the positive aspects of myself, others and life
Honesty: to be honest, truthful, and sincere with myself and others
Humor: to see and appreciate the humorous side of life
Humility: to be humble or modest; to let my achievements speak for themselves

Industry: to be industrious, hard-working, dedicated
Independence: to be self-supportive, and choose my own way of doing things
Intimacy: to open up, reveal, and share myself -- emotionally or physically – in my close personal relationships
Justice: to uphold justice and fairness
Kindness: to be kind, compassionate, considerate, nurturing or caring towards myself or others
Love: to act lovingly or affectionately towards myself or others
Mindfulness: to be conscious of, open to, and curious about my here-and-now experience
Order: to be orderly and organized
Open-mindedness: to think things through, see things from other’s points of view, and weigh evidence fairly.
Patience: to wait calmly for what I want
Persistence: to continue resolutely, despite problems or difficulties.
Pleasure: to create and give pleasure to myself or others
Power: to strongly influence or wield authority over others, e.g. taking charge, leading, organizing
Reciprocity: to build relationships in which there is a fair balance of giving and taking
Respect: to be respectful towards myself or others; to be polite, considerate and show positive regard
Responsibility: to be responsible and accountable for my actions
Romance: to be romantic; to display and express love or strong affection
Safety: to secure, protect, or ensure safety of myself or others
Self-awareness: to be aware of my own thoughts, feelings and actions
Self-care: to look after my health and wellbeing, and get my needs met
Self-development: to keep growing, advancing or improving in knowledge, skills, character, or life experience.
Self-control: to act in accordance with my own ideals
Sensuality: to create, explore and enjoy experiences that stimulate the five senses
Sexuality: to explore or express my sexuality
Spirituality: to connect with things bigger than myself
Skillfulness: to continually practice and improve my skills, and apply myself fully when using them
Supportiveness: to be supportive, helpful, encouraging, and available to myself or others
Trust: to be trustworthy; to be loyal, faithful, sincere, and reliable
Insert your own unlisted value here:
Insert your own unlisted value here:

Once you’ve marked each value as V, Q, N (Very, Quite, or Not so important), go through all the Vs, and select out the top six that are most important to you. Mark each one with a 6, to show it’s in your top six. Finally, write those six values out below, to remind yourself this is what you want to stand for as a human being.