

Live Your Values

Values guide you to make better informed decisions ultimately leading to a successful and happy career and life. There are many different activities/tasks you can do to identify your values but here is a quick method to get you started.

1. Identify Your Values

Use the list below to highlight the values that resonate with you the most. If there any values you have that are missing from the list feel free to add them.

Tip: Don't worry about the definition of each word. Let the words mean whatever they mean to you as you read them.

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

2. Group All Similar Values Together from the List of Values You Just Created

Group them in a way that makes sense to you, personally. Create a maximum of five groupings. If you have more than five groupings, drop the least important grouping(s). See the example below.

Tip: If you are really struggling between values, consider which value you treasure the most.

Tip: You might find it easier to even just use the previous exercise and just narrow your list down to 10 values and then 3 instead of doing this second step.

Abundance	Acceptance	Appreciation	Balance	Cheerfulness
Growth	Compassion	Encouragement	Health	Fun
Wealth	Inclusiveness	Thankfulness	Personal Development	Happiness
Security	Intuition	Thoughtfulness	Spirituality	Humour
Freedom	Kindness	Mindfulness	Well-being	Inspiration
Independence	Love			Joy
Flexibility	Making a Difference			Optimism
Peace	Open-Mindedness			Playfulness
	Trustworthiness			
	Relationships			

3. Choose one word within Each Group that represents the label for the entire group

Again, do not overthink your labels – there are no right or wrong answers. You are defining the answer that is right for you. See the example below – the label chosen for the grouping is bolded.

Abundance	Acceptance	Appreciation	Balance	Cheerfulness
Growth	Compassion	Encouragement	Health	Fun
Wealth	Inclusiveness	Thankfulness	Personal Development	Happiness
Security	Intuition	Thoughtfulness	Spirituality	Humour
Freedom	Kindness	Mindfulness	Well-being	Inspiration
Independence	Love			Joy
Flexibility	Making a Difference			Optimism
Peace	Open-Mindedness			Playfulness
	Trustworthiness			
	Relationships			

4. Post your values where you see them.

5. Use your values as a guide and to make better decisions and from time to time revisit your values to see if anything has changed for you.

*“If we can get to the place where we show up as our genuine selves,
and let each other see who we really are,
the awe-inspiring ripple effect
will change the world.”*

Terrie M. Williams