# Finding Your Values

Your values are the things that you believe are important in the way you live and work.

They define what’s most important to you, and, at a deeper level, they're probably the measures you use to tell if your life is turning out the way you want it to.

When the things that you do and the way you behave match your values, life feels good – you're satisfied and content. But when these don't align with your personal values, that's when things feel amiss and you may have a sense of disatisfaction. This can be a real source of unhappiness.

This is why making a conscious effort to identify your values is so important.

**Read through the list of values below. If you have a value that is not on the list feel free to add it…**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Accessibility | Calmness | Contentment | Expertise | Honesty | Love | Relaxation | Strength |
| Accomplishment | Celebrity | Control | Fairness | Humour | Loyalty | Reliability | Success |
| Accountability | Challenge | Dependability | Faith | Imagination | Mindfulness | Resourcefulness | Sympathy |
| Accuracy | Charity | Determination | Fame | Impact | Optimism | Respect | Teamwork |
| Adventure | Courage | Directness | Family | Independence | Originality | Security | Understanding |
| Affection | Creativity | Discipline | Fidelity | Integrity | Passion | Sensitivity | Vision |
| Affluence | Curiosity | Diversity | Flexibility | Intelligence | Peace | Significance | Wealth |
| Altruism | Clarity | Efficiency | Fun | Justice | Perfection | Sincerity | Winning |
| Ambition | Comfort | Empathy | Generosity | Kindness | Power | Speed |  |
| Assertiveness | Commitment | Enthusiasm | Grace | Knowledge | Prosperity | Spirituality |  |
| Balance | Compassion | Excellence | Growth | Leadership | Punctuality | Spontaneity |  |
| Bravery | Completion | Experience | Health | Learning | Recognition | Stability |  |

**My top 3/4 values** **1 \_\_\_\_\_\_curiosity\_\_\_\_\_\_\_\_\_\_\_\_\_ 2 \_\_\_\_\_fairness\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3 \_\_\_\_\_\_\_ethics\_\_\_\_\_\_\_\_\_\_\_\_ 4 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| VALUE | FOR ME, THIS VALUE MEANS | I HONOUR THIS VALUE BY… | WHERE 1 = *‘I AM NOT REALLY LIVING THIS VALUE’* AND 5 = *‘I LIVE THIS VALUE CONSISTENTLY’*, MY CURRENT ALIGNMENT IS… | THE ACTIONS I NEED TO TAKE TO HONOUR THIS VALUE ARE… |
| 1: |  |  | 1 2 3 4 5 |  |
| 2: |  |  | 1 2 3 4 5 |  |
| 3: |  |  | 1 2 3 4 5 |  |
| 4:  |  |  | 1 2 3 4 5 |  |
| 5: |  |  | 1 2 3 4 5 |  |