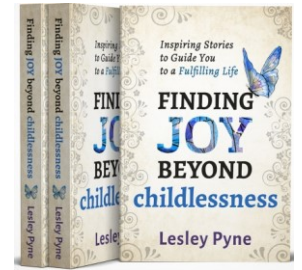


My Values exercise



Look at a list of words below & answer the question; **‘what’s really important to me?’** Circle the words that jump out at you.

- You're aiming for around six words or short phrases. What each word means will be individual to you, for example what courage means to me will be different to you.
- If your initial list is longer than six, that’s okay. Write them on a sheet of paper &, taking your time, reduce them to six. You might decide that some you circled aren’t important, or that maybe some meanings overlap. For example, my initial list included adventure, travel, & learning. I decided to include growth instead as it encompasses all of those.

I suggest you do this exercise over a few days & gradually refine the list so that by the end the six words describe the essence of you. If you gave them to a close friend, she would say ‘yes that’s you.’

Acceptance	Creativity	Home	Recognition
Accountability	Curiosity	Honesty	Reliability
Achievement	Dignity	Humility	Respect
Adaptability	Diversity	Humour	Resourcefulness
Adventure	Efficiency	Independence	Responsibility
Ambition	Equality	Integrity	Security
Authenticity	Excellence	Intuition	Self-respect
Balance	Fairness	Joy	Simplicity
Belonging	Faith	Kindness	Spirituality
Career	Family	Knowledge	Success
Caring	Financial stability	Leadership	Tradition
Challenge	Flexibility	Legacy	Travel
Collaboration	Forgiveness	Love	Trust
Community	Freedom	Loyalty	Understanding
Compassion	Friendship	Making a Difference	Usefulness
Competence	Fun	Openness	Vision
Confidence	Generosity	Optimism	Vulnerability
Connection	Giving back	Nature	Wealth
Contentment	Grace	Patience	Well-being
Contribution	Gratitude	Peace	Wholeheartedness
Courage	Growth	Perseverance	Wisdom
	Happiness	Personal Fulfilment	
	Health		

Name:

Date:

My Values are:

.....