

## Tool Description

### Instructions

The goal of this exercise is to increase awareness of what really matters to you by identifying your top five life values. Values are the answer to the questions: What's important to you in your life? What is your life's purpose? What do you enjoy doing? When do you feel satisfied and fulfilled? Being aware of your values by answering the above questions will help you navigate your life in the direction that you choose. You have the potential to live the life of your dreams, but how do you do this without looking inward? Understanding our own core values help guide us towards our passions and desires. Please complete the five steps below.

1. Take ten minutes to brainstorm what your own values are without referring to the list on the next page.

My values are:

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2. Review the values list on the next page and check those values that resonate with you.
3. This list is always a work-in-progress. If you wish, you may add other values from your brainstorming session or those that you think of along the way through this process:

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**Values list:**

Acceptance	Fairness	Peace
Achievement	Fame	Personal Development
Advancement & Promotion	Family Happiness	Personal Expression
Adventure	Fast Pace	Planning
Affection	Freedom	Play
Altruism	Friendship	Pleasure
Arts	Fun	Power
Awareness	Grace	Privacy
Beauty	Growth	Purity
Challenge	Harmony	Quality
Change	Health	Radiance
Community	Helping Others	Recognition
Compassion	Helping Society	Relationships
Competence	Honesty	Religion
Competition	Humour	Reputation
Completion	Imagination	Responsibility & Accountability
Connectedness	Improvement	Risk
Cooperation	Independence	Safety & Security
Collaboration	Influencing Others	Self-Respect
Country	Inner Harmony	Sensibility
Creativity	Inspiration	Sensuality
Decisiveness	Integrity	Serenity
Democracy	Intellect	Service
Design	Involvement	Sexuality
Discovery	Knowledge	Sophistication
Diversity	Leadership	Spark
Environmental Awareness	Learning	Speculation
Economic Security	Loyalty	Spirituality
Education	Magnificence	Stability
Effectiveness	Making a Difference	Status
Efficiency	Mastery	Success
Elegance	Meaningful Work	Teaching
Entertainment	Ministering	Tenderness
Enlightenment	Money	Thrill
Equality	Morality	Unity
Ethics	Mystery	Variety
Excellence	Nature	Wealth
Excitement	Openness	Winning
Experiment	Originality	Wisdom
Expertise	Order	
Exhilaration	Passion	

4. Now prioritize your values and make a selection of five of your most important values. List your top five values below:

- I. ....
- II. ....
- III. ....
- IV. ....
- V. ....

5. Take about five to ten minutes to think about, or discuss with a friend or your coach, what each of the above values means to you. Then, generate a definition that resonates and makes sense to you.

*Value I:* .....

Means to me: .....

Is important to me because: .....

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*Value II:* .....

Means to me: .....

Is important to me because: .....

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*Value III:*

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Means to me:

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Is important to me because:

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*Value IV:*

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Means to me:

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Is important to me because:

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*Value V:*

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Means to me:

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Is important to me because:

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