

EXERCISE - IDENTIFYING YOUR VALUES

Values are deeply personal and can vary greatly from one individual to another.

List of common values to use for the exercise:

Family: The importance of family bonds, support, and relationships.

Health: Prioritizing physical and mental well-being.

Authenticity: Being genuine, honest, and true to oneself.

Love: The significance of romantic relationships and emotional connections.

Friendship: Valuing close friendships and social connections.

Integrity: Acting with **honesty**, ethics, and moral principles.

Independence: A desire for self-reliance and personal autonomy.

Success: Pursuing achievement, recognition, and **personal growth**.

Wisdom: Valuing knowledge, learning, and personal development.

Creativity: Expressing oneself through art, innovation, or creative endeavors.

Compassion: Showing **empathy**, kindness, and concern for others.

Justice: A commitment to fairness, equality, and social justice.

Spirituality: Finding meaning and purpose through religion or inner beliefs.

Environmentalism: Valuing nature, sustainability, and environmental conservation.

Service: A desire to help and serve others and the greater good.

Mindfulness: Practicing presence, awareness, and conscious living.

Community: Fostering a sense of belonging and contributing to the community.

Financial Security: The importance of **financial stability** and security.

Adventure: A desire for new experiences and challenges.

Humor: Valuing laughter and a sense of humor in life.

Tradition: Upholding **cultural** or family traditions and values.

Freedom: Valuing personal liberties and the right to make choices.

Balance: Striving for a harmonious balance in life, including work-life balance.

Honesty: The importance of truthfulness and transparency.

Growth: A commitment to personal and professional development.

Caring: Demonstrating empathy and care for others.

Simplicity: Preferring a simple and uncluttered lifestyle.

Peace: Pursuing inner and outer peace and harmony.

Innovation: Embracing change and new ideas.

Equality: Advocating for equal opportunities and rights for all.

Respect: Treating others with respect and expecting the same in return.

Leadership: Guiding, inspiring, and influencing others positively.

Remember that YOUR values can change over time and may evolve based on life experiences and personal growth.

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Identifying & understanding your values

Step 1 - Create a list of values using previous list or your own
- you can list as many as you wish

Step 2 - Review list and identify top 5 -10