

Values Exercise

1. Go through the attached list and note any words that resonate with you.
2. Reduce this list to 10 (if you have started with more).
3. Reduce the list to 5.
4. Reduce the list to 3.
5. Reduce the list to 1. This is your top value.
6. Find or create a visual representation of these values*. Put this in an accessible place to give you regular reminders.

Be sure to change the representation or move it regularly to ensure the effectiveness of the tool.

**Your top 10,5, 3 or 1 ...whatever you prefer.*

Accomplishment
Accuracy
Achievement
Acknowledgment
Adventure
Adventure
Aesthetics
Authenticity
Authority
Beauty
Being active
Balance
Boldness
Change
Collaboration
Community
Comradeship
Connectedness
Contribution
Creativity
Competency
Curiosity
Determination
Elegance
Empowerment
Excellence
Excitement
Family

Faith
Fairness
Fame
Focus
Freedom of choice
Fun
Growth
Happiness
Harmony
Honesty
Humour
Independence
Integrity
Joy
Justice
Kindness
Knowledge
Leadership
Learning
Lightness
Love
Loyalty
Novelty
Nurturing
Orderliness
Openness
Optimism
Participation
Partnership

Peace
Performance
Pleasure
Popularity
Power
Productivity
Recognition
Reputation
Responsibility
Respect
Risk-taking
Romance
Safety
Security
Self-Expression
Service
Spaciousness
Spirituality
Self-Respect
Stability
Success
Tradition
Status
Trust
Vitality
Wealth
Wisdom
Zest