



active exercise



individual

People who lead lives which are aligned with their values lead more satisfying and fulfilling lives and generally experience less stress and worries.

This activity is designed to help you to identify your values so that you can lean into them in your daily lives.

step one - identify all your values

review the list of values below and circle or highlight all the values which you align with. You can draw a line through ones which are not aligned to you if this makes the process easier and you can also add your own:

acceptance, accountability, accumulation, accuracy, adaptability, adventure, ambition, appreciation, authenticity, balance, beauty, care, celebration, certainty, change, communication, community, compassion, confidence, cooperation, care for country, courage, creativity, curiosity, customs, decisiveness, determination, dignity, diversity, doing the right thing, empathy, empowerment, environmentalism, equity, equality, excellence, fairness, faith, family, fidelity, flexibility, forgiveness, freedom, friendship, future generations, generosity, gratitude, growth, grit, harmony, health, helping, honesty, hospitality, humility, independence, innocence, integrity, justice, kindness, kinship, knowledge, leadership, learning, listening, love, loyalty, modesty, oneness, optimism, passion, patience, perseverance, playfulness, positivity, reciprocity, reliability, respect, respect for elders, responsibility, resilience, rule of law, self-acceptance, self-control, self-discipline, self-reliance, service, solidarity, simplicity, spirituality, sustainability, teaching, tolerance, tradition, trustworthiness, unity, wealth, wellness, wisdom

step two - how these values align with roles

Now look at this list of values and overlay them against the list of roles you play in your life (e.g. mother, daughter, sister, boss, wife, employee, leader). Which values are persistent between roles? What does this tell you about your core values?

my consistent values are