

Values Exercise

1. Print this sheet, then select 10 words that are the most important to you.

stability	security	financial security	family security	balance	moderation
happiness	fun/sense of humour	pleasure	relaxation	excitement	passion
achievement	success	recognition	appreciation	ambition	celebrity
being valued	inner peace	harmony	beauty	comfort	simplicity
honesty	truth	trust	openness	empathy	expression
equality	fairness	justice	courtesy	dignity	integrity
love	friendship	connection	kindness	romance	sexuality
freedom	choice	variety	abundance	adventure	risk
salvation	forgiving	spirituality	tolerance	humility	grace
respect	consideration	loyalty	faithfulness	politeness	acceptance
wisdom	intelligence	knowledge	insight	making a difference	sense of purpose
learning	development	growth	challenge	competition	excellence
sense of duty	tradition	order	sense of control	obedience	realism
authenticity	rationality	sense of authority	protection	compassion	patience
wellbeing	vitality	positivity	contribution	sense of belonging	cooperation
ecology	cleanliness	decency	diligence	competence	virtue
support	helpfulness	caring	service	generosity	nurturance
imaginative	creativity	logical	commitment	accountability	solitude
independence	responsibility	reliability	capable	courage	quality

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- 2. Once you have selected 10 values, write each word on a small post-it note.**
- 3. Arrange them down a page, in order of priority, the most important one at the top.**
- 4. Mark each value, on a scale of 0-10, for how closely you are living your life in line with that value
0= not at all, 10= completely**
- 5. Click Back on your browser and enter your results and contact details in the values results form.**
- 6. You will then be contacted to arrange a free coaching session to discuss your values.**