



## VALUES ACTIVITY

Our values are reflective of our core beliefs and guide how we think and behave. Having clarity on what we value most can help us to keep in alignment with who we are, feel good about what we do, and have fulfillment from the experiences we have.

Think about things that are important to you and help you to determine whether you feel something is wrong or right. Our values help us to make instinctual decisions. When we lose sight of our values, it becomes harder to make choices or take actions we feel good about.

Before completing this activity, take a few minutes to get into a quiet space where it is easy to reflect and connect with your thoughts. Try to record values that come to you naturally. If you are stuck, use the examples on the following page to get the juices flowing. It is okay to list the same value in more than one category.

In no particular order, list your top 10 values in each of the following categories:

IN LIFE	AT HOME	AT WORK



Take a moment to examine the lists and think about what influences played a role in those values. Are they really your values or have they been handed down? Then, take the three lists and create just one list with only your Top Five.

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### *My Top Five Values*

Five horizontal grey bars for writing the top five values.

### *Reflection*

Think about where you have an opportunity to share these with others. How can you incorporate them into the way you are leading your life, making decisions, or choosing opportunities to keep in alignment with your values?

Consider where you are operating out of your values. What can you do to get into better alignment with your values?

A large grey rectangular area for writing reflections.



## EXAMPLES

Dependability	Achievement	Knowledge
Reliability	Adventure	Leadership
Loyalty	Authority	Learning
Commitment	Autonomy	Love Honesty
Open-Mindedness	Balance	Meaningful Work
Consistency	Beauty	Openness
Honesty	Boldness	Peace
Efficiency	Challenge	Pleasure
Innovation	Citizenship	Poise
Creativity	Community	Popularity
Good Humor	Competency	Recognition
Compassion	Contribution	Religion
Spirit of Adventure	Curiosity	Reputation
Motivation	Determination	Responsibility
Positivity	Fairness	Security
Optimism	Faith	Self-Respect
Passion	Fame	Service
Respect	Friendships	Spirituality
Fitness	Fun	Stability
Courage	Growth	Success
Education	Happiness	Status
Perseverance	Humor	Trustworthiness
Patriotism	Influence	Wealth
Service to Others	Inner Harmony	Wisdom
Environmentalism	Justice	
Authenticity	Kindness	