

Values Clarification

Do your Actions Reflect your Core Values?

Your Name: _____ Date: _____

What is a Value?

Values are...

- What is **oh so important in your life**.
- What gives your life **meaning** and relevance.
- An **inner framework** of how you make choices.
- A sense of **what lights you up from within**.
- Your deepest motivators – **what really makes you tick**.

Questions to Trigger your Values:

What is it to live in alignment with your values?	What makes you really angry?
What do you want more of in life?	What 3 things do you refuse to do?
What do you want less of in life?	What's your pet peeve?
What is it to be powerful?	What or who would you die for?
What makes you giggle?	What is sexuality to you?
What's fun?	What is important in your physical environment?
What makes you cry?	What does spirituality mean to you?
What does love mean to you?	What thrills you?

Take a Moment to List Values Important to You:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Other Values

Here are some other values that may not have come up for you in the previous exercise but may be just as important, if not more. Remember that a specific word for a specific value has a different meaning for each person. It is not as important what the word means to others, only what it truly means to you. For example, Power for one may mean having control over things, while Power to another may mean being in touch with your soul.

Value	Importance	Value	Importance
Abundance	_____	Acceptance	_____
Accomplishment/Result	_____	Accuracy	_____
Achievement	_____	Acknowledgment	_____
Advancement/Promotion	_____	Adventure/Excitement	_____
Aesthetics/Beauty	_____	Affection (Love & Caring)	_____
Aloneness	_____	Altruism (Selflessness)	_____
Appreciation	_____	Authenticity	_____
Autonomy	_____	Balance	_____
Beauty	_____	Being	_____
Bliss	_____	Bonding	_____
Calling	_____	Cause	_____
Challenging Problems	_____	Change & Variety	_____
Chemistry	_____	Climate Movement	_____
Close Relationships	_____	Collaboration	_____
Commitment	_____	Completion	_____
Communication	_____	Community	_____
Competition	_____	Completion	_____
Confidence	_____	Connection	_____
Connectedness	_____	Congruence	_____
Consciousness/Awareness	_____	Contribution	_____
Cooperation	_____	Courage	_____
Colour	_____	Creativity	_____
Culture	_____	Delivery	_____
Decisiveness	_____	Discipline	_____
Democracy	_____	Destiny	_____
Detachment	_____	Directedness	_____
Ecological Awareness	_____	Economic Security	_____
Effectiveness	_____	Efficiency	_____
Elegance	_____	Empathy	_____
Empowerment	_____	Emotional Health	_____
Encouragement	_____	Enjoyment	_____
Environment	_____	Ethical Practice	_____
Excellence	_____	Excitement	_____
Expertise	_____	Expression	_____
Equality	_____	Faith	_____
Family	_____	Fast-Paced Work	_____
Financial Gain	_____	Flow	_____
Focus	_____	Forgiveness	_____
Freedom to Choose	_____	Friendships	_____
Free Spirit	_____	Full Self-Expression	_____
Fun	_____	Gentleness	_____
Growth	_____	Grace	_____
Harmony	_____	Having a Family	_____
Helping others	_____	Helping Society	_____
Health	_____	Honour	_____
Honesty	_____	Humour	_____
Humility	_____	Independence	_____
Influencing others	_____	Infusion	_____
Inner Harmony	_____	Inner Peace	_____

Inspiration	_____	Inspire others	_____
Integration	_____	Integrity	_____
Intellectual Status	_____	Intimacy	_____
Intuition	_____	Job Tranquility	_____
Joy	_____	Justice	_____
Kaizen (japanese for continuous improvement)	_____	Kindness	_____
Knowing	_____	Knowledge	_____
Lack of Pretense	_____	Leadership	_____
Learning	_____	Legacy	_____
Lightness	_____	Listening	_____
Location	_____	Love	_____
Loyalty	_____	Magic	_____
Market Position	_____	Mastery/Excellence	_____
Meaningful Work	_____	Merit	_____
Miracles	_____	Money	_____
Motivation	_____	Nature	_____
Nurturing	_____	Openness	_____
Orderliness/Accuracy	_____	Participation	_____
Partnership	_____	Peace	_____
Performance	_____	Personal Goal	_____
Personal Growth/Learning	_____	Personal Power	_____
Physical Challenge	_____	Play	_____
Positivity	_____	Power	_____
Power and Authority	_____	Privacy/Solitude	_____
Profit	_____	Process	_____
Promise Keeping	_____	Productivity	_____
Public Service	_____	Purity	_____
Purpose	_____	Quality	_____
Quality Relationships	_____	Recognition/Acknowledgment	_____
Relationship	_____	Respect	_____
Responsibility/Accountability	_____	Result	_____
Rewards	_____	Risk-taking	_____
Romance/Magic	_____	Sacredness	_____
Sanctuary	_____	Security	_____
Self-esteem	_____	Self-expression	_____
Self-respect	_____	Selflessness	_____
Sensitivity	_____	Sensuality	_____
Serenity	_____	Service/Contribution	_____
Silence	_____	Simplicity	_____
Solitude	_____	Sophistication	_____
Soul-space	_____	Soul-work	_____
Spirituality	_____	Spontaneity	_____
Stability	_____	Status	_____
Supervising others	_____	Success	_____
Sex	_____	Teamwork	_____
Time/Freedom	_____	To be known	_____
Tradition	_____	Transformation	_____
Trust	_____	Truth	_____
Truthfulness	_____	Values	_____
Vision/Visionary	_____	Vitality	_____
Wealth	_____	Wholeness	_____
Win-Win	_____	Wisdom	_____
Wonder	_____	Work under Pressure	_____
Working Alone	_____	Work with Others	_____
Yin-Yang	_____	Yen (longing, desire)	_____
Zen (insight, form of Buddhism)	_____	Zest	_____

Now, ask yourself these questions:

- Where do my values show up?
- What values do you sell out on first?
- Which are the most unchallengeable?
- Which ones are sometimes neglected?

Look at some of the values you are not honouring and ask yourself these questions:

- What's that about?
- What would it take to honour that value in those circumstances?
- What is the price you pay for not honouring that value?
- What's stopping you?

List your Top-10 Values (and rank them)

First – rank in order of importance	Second – rank from 1-10 How well you live the value?
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____
6. _____	6. _____
7. _____	7. _____
8. _____	8. _____
9. _____	9. _____
10. _____	10. _____

Notes:

Some lists & questions adapted from:
Global Visions Coaching Ltd.