

Identify YOUR VALUES

CHOOSE YOUR VALUES FROM THIS ALPHABETICALLY ORDERED LIST OF COMMON VALUES

- Write down for each value in the first column how important you think it is using a number coding (1= very important, 2= important, 3= not very important, 4= not at all important).
- Try to choose about 10 values with the number 1.

score	Value	Description
	Adaptability	The ability to change or adapt to new ones circumstances
	Active (do)	The value placed on taking initiative and action.
	Ambition	The desire to succeed or achieve
	Authenticity	The pursuit of sincerity, honesty and authenticity
	Adventure	The desire for new experiences
	Dexterity	The value placed on ability and skill in one specific area or activity.
	Helpfulness	The willingness to help others
	Ability	The importance of being competent in a particular field or job, having it of the necessary skills and knowledge.
	Courtesy	The value of showing good manners and respect for others.

score	Value	Description
	Willingness	The value of being open and willing to do something or help.
	Willingness	The importance of being voluntary and eager to do something.
	Modesty	The value of humility, not overemphasizing one's performance.
	Involvement	The importance of being involved and committed to a task or goal.
	Reliability	The ability to be consistent and inspire confidence
	Conscience	The pursuit of knowledge and understanding
	Compassion	The ability to show compassion and understanding for others
	Creativity	The value placed on new and original ideas
	Vigor	The value of determination and the ability to make decisions and to act.
	Gratitude	Appreciation for what one has
	Diplomacy	The value of dealing with others in a tactful way, especially in sensitive or difficult situations.
	Discipline	The value of self-control and a willingness to follow rules and regulations to follow regulations.
	Perseverance	The ability to keep going despite setbacks

score	Value	Description
	Honesty	The importance of truth and integrity
	Empathy	The ability to understand the feelings and experiences of others
	Enthusiasm	The importance of passion and excitement for what one does.
	Balance	Pursuing balance in all aspects of life
	Sensitivity	The value of being able to sense and respond to subtle nuances in emotions and situations.
	Sophistication	The value of having a delicate and refined appreciation for stuff.
	Flexibility	Open to change and new ideas
	Patience	The ability to wait and be tolerant
	Equivalence	The importance of equal treatment and equal rights for everyone.
	Believe	The value of religious belief, or confidence in a particular idea or principle.
	Generosity	The willingness to give and share without expecting anything in return
	Health	Appreciation for physical and mental well-being
	Goodness	The value of kindness and doing good deeds.

score	Value	Description
	Grow	Striving for personal and professional development
	Generosity	The importance of generosity and being willing to share.
	Harmony	Strive for balance and peace
	Passion	The value of intense emotion or desire, often directed at a particular purpose or activity.
	Heap	Believe in the possibility of positive outcomes
	Humour	The capacity to bring joy and lightness, even in difficult ones times
	Individuality	Honoring unique features and differences
	Inner peace	Strive for inner peace and contentment
	Integrity	Adhering to strong moral principles
	Inquisitiveness	The importance of curiosity and the desire to learn new things.
	Leadership	The ability and will to lead and inspire others
	Love	Deep affection and concern for others
	Loyalty	The value of loyalty and reliability, especially in relationships.

score	Value	Description
	People-oriented	The value of focusing on people's needs and interests, often in the context of work or services.
	Courage	The ability to overcome fear
	humility	The ability to be humble and respectful
	Curiosity	A strong desire to learn and discover new things
	Independence	The ability to be independent and autonomous
	Optimism	The ability to see the positive in situations
	Passion	Strong feeling or enthusiasm for something
	justice	Strive for fairness and equality
	Respect	Appreciation and regard for others and their rights
	Respect for diversity	Appreciation and acceptance of differences in culture, opinion, etc.
	Cooperation	The willingness to work with others towards common goals
	Spiritual growth	Pursue deeper meaning and connection to a higher purpose
	Stability	The need for consistency and certainty in life

score	Value	Description
	Dedication	Strong dedication to a particular task or goal
	determination	The ability to stick to a decision or action
	Responsibility	Willingness to be accountable and take responsibility to take
	Forgiveness	The ability to forgive mistakes and missteps of others
	Joy	The pursuit to experience and spread joy and happiness
	Friendship	The importance placed on strong and caring relationships with others
	Freedom	Appreciation for autonomy and self-expression
	Wisdom	The pursuit of deeper understanding and insight
	Self-control	The ability to control impulsive behavior
	Self-discipline	The ability to control yourself and adhere to personal decisions and goals
	Self-expression	The freedom and courage to express yourself as you are
	Self respect	Appreciation and respect for yourself
	Carefulness	The willingness to give care and attention to others

GROUP TOP VALUES WITH SIMILAR AND RELATED MEANINGS

- Look at the values you scored high and see if any patterns emerge. Group related values. Cluster them into up to 5 groups.
- Name each group and write the values associated with it in the box.
- If values fall outside the 5 clusters, you can separate them at the bottom.

Group name:

Group name:

Group name:

Group name:

Group name:

Value without category

SCORE THE CHOSEN VALUES

- Write the group names you got below
- Score on the two questions and then add up the scores

Question 1: How would you feel if you were really satisfied with the extent to which you experience this value in your life?

- 1 - It wouldn't bother me
 2 -
 3 - I would be concerned
 4 -
 5 - I would love it!

Question 2: How would you feel if you are not satisfied with the extent to which you experience this value in your life?

- 1 - It wouldn't matter
 2 -
 3 - It would make me happy
 4 -
 5 - Fantastic!

Value	Score question 1	+	Score question 2	=	Total

Your values in order of importance

- _____
- _____
- _____
- _____
- _____

CLARIFY: DESCRIBE EXACTLY WHAT THE VALUES MEAN TO YOU

Value 1:

Value 2:

Value 3:

CLARIFY: DESCRIBE EXACTLY WHAT THE VALUES MEAN TO YOU

Value 4:

Value 5:
