

## Exercise: Understanding My Own Values

Reflecting on my life's critical moments to identify what truly matters to me and underpins who I am.

### Part 1 of 4: Identifying My Own Values

1. Identify a special, peak moment when my *personal life* was especially happy.
  - ⇒ What was happening? Who was there? What was I doing?
  - ⇒ What other factors contributed to my happiness?
  - ⇒ How, and why, did the experience make me feel happy?
  - ⇒ What need or desire was fulfilled?
  - ⇒ **What values were being honoured in that moment?**
  - ⇒ *Test these words i.e. check they fit well with you*
  - ⇒ **What do each of these values mean to me?**
2. For scope and balance, identify a special, peak moment when my *job/role/career* was especially happy.
  - ⇒ Answer the same questions listed in 1. Above
3. Identify the times, in my *personal life*, when I was most proud.
  - ⇒ Why was I proud?
  - ⇒ Did others share my pride? Who?
  - ⇒ What other factors contributed to my feelings of pride?
  - ⇒ What need or desire was fulfilled?
  - ⇒ **What values were being honoured in that moment?**
  - ⇒ *Periodically test words*
  - ⇒ **What do each of these values mean to me?**
4. Identify the times, in your *professional life*, when I was most proud.
  - ⇒ Reflect on, and answer, the questions listed in 3. Above
5. Identify the times when I was most fulfilled and satisfied (Personal & Professional).
  - ⇒ Answer the same questions listed in 1. Above
6. Identify a specific moment when I was angry or upset (Personal & Professional).
  - ⇒ What was happening? Who was there? What was I doing?
  - ⇒ What other factors contributed to my anger/upset?
  - ⇒ How, and why, did the experience make me angry/upset?
  - ⇒ What need or desire was NOT fulfilled?
  - ⇒ **What values were NOT being honoured in that moment?**
  - ⇒ *Test these words i.e. check they fit well with you*
  - ⇒ **What do each of these values mean to me?**
7. What must I have in my life in order to feel fulfilled (or part of me dies)?
8. What is it that people say about me?
9. What do I say about myself?
10. From this list – and that attached - name the top 10 values which are important to me?

## Values list

Accountability	Effectiveness	Mastery
Accuracy	Efficiency	Openness
Achievement	Empathy	Originality
Adventurousness	Enjoyment	Positivity
Altruism	Enthusiasm	Professionalism
Ambition	Equality	Quality-orientation
Assertiveness	Excellence	Reliability
Balance	Excitement	Resourcefulness
Being the best	Expertise	Security
Belonging	Exploration	Self-actualization
Calmness	Fairness	Self-control
Carefulness	Faith	Selflessness
Challenge	Fidelity	Self-reliance
Cheerfulness	Fitness	Sensitivity
Commitment	Freedom	Serenity
Community	Generosity	Simplicity
Compassion	Goodness	Spontaneity
Competitiveness	Grace	Stability
Consistency	Growth	Strategic
Contentment	Happiness	Strength
Continuous	Health	Success
Improvement	Honesty	Thankfulness
Contribution	Humility	Thoughtfulness
Control	Independence	Timeliness
Co-operation	Ingenuity	Tolerance
Correctness	Inner Harmony	Traditionalism
Courtesy	Intelligence	Trustworthiness
Creativity	Intuition	Truth-seeking
Curiosity	Joy	Understanding
Decisiveness	Justice	Uniqueness
Dependability	Leadership	Usefulness
Determination	Legacy	Vision
Discipline	Love	Vitality
Discretion	Loyalty	
Diversity	Making a difference	

