

Identifying Your Values



Your values are the feelings you associate with and how you identify yourself. They hone in on what really matters in your life, and can determine your decisions, the way you spend your time, goals you set, and your happiness. Select 5 from this list that you resonate with the most.

A comfortable life	Expertness	Personal Growth
Achievement	Family security	Power
Adventure	Fear of failure	Prestige
Affection	Financial freedom	Progress
Arts	Financial security – material possessions	Recognition – advancement
Beauty	Freedom	Reputation
Business growth	Friendships	Respect
Career fulfilment	Fun	Responsibility
Challenge	Growth	Security
Change and variety	Happiness	Self determination
Client satisfaction	Hard work	Self development – personal growth
Communication	Having a family	Self-reliance
Competitiveness	Honesty	Self-respect
Concern for others	Independence	Sense of accomplishment
Confidence	Inner harmony	Service (to others, society)
Contentment	Innovation	Spiritual life
Co-operation	Intellectual status	Status
Creativity	Intimacy	Success
Deadlines	Knowledge	Task accomplishment
Development	Leadership	Team spirit – support, helping others, friendships
Duty	Love, Romance	Teamwork
Enjoyable work – fun at work, getting a piece of the action	Loyalty	Tolerance
Equality	Money	Trust
Ethical practice		Wisdom