

GETTING CLEAR ON YOUR PERSONAL VALUES

What are values?

Your values are the things that you believe are important in the way you live and work. Ideally, your values should determine your priorities. Your values are usually the measures you use to tell if your life is turning out the way you'd like it to. When the things you do and the way you behave match your values, life feels good. You will feel satisfied and content. But when these things don't align with your personal values, that's when things feel wrong. Living a life that is not in alignment with our values can be a great source of unhappiness.

How can we get clear on what our values are?

Step 1: Identify the times when you felt at your happiest or most proud.

When doing this, be sure to include times from both your personal and professional life.

- What were you doing?
- Were you with anyone else? If so, who?
- What other factors contributed to your happiness?
- Why did you feel proud?
- Did other people share your pride? Who?
- Were there other factors that contributed to your feelings of pride?

Step 2: Identify the times when you were most fulfilled and satisfied

Again, include things in your professional and personal life:

- What need or desire was fulfilled?
- How and why did the experience give your life meaning?
- What other factors contributed to your feelings of fulfillment?

Step 3: Determine your top values, based on your experiences of happiness, pride, and fulfillment

Why did each experience feel truly important and memorable? Use the list on page 2 of common personal values to help you get started – and aim for about 10 top values. You can include more on your list if you like. You may find that some of these values naturally combine.

Step 4: Prioritize your top values

This step may feel like it is the most difficult, as it requires you to look deep inside yourself. However it's probably the most important step, because sometimes when making a decision, you'll have to choose between solutions that may satisfy different values. Knowing which values are more important will help you when you have to make decisions.

- Write down your top values, not in any particular order.
- Look at the first two values and ask yourself, "If I could satisfy only one of these, which would I choose?" It might help to visualize a situation in which you would have to make that choice.
- Keep working through the list, by comparing each value with each other value, until your list is in the correct order.

Step 5: Reaffirm your values

Take a look at your top-priority values, and make sure that they fit with your life and your vision for yourself. Do these values make you feel good about yourself?

- Are you proud of your top three values?
- Would you be comfortable and proud to tell your values to people you respect and admire?
- Do these values represent things you would support, even if your choice isn't popular, and it puts you in the minority?

When you take into consideration your values in your decision making, you will keep your sense of integrity and what you know is right. This will help you to approach decisions with confidence and clarity. You will also know that what you're doing is best for your current and future happiness and satisfaction. Making value-based choices may not always feel easy, but making a decision that you know and feel is right, will ultimately be a lot less difficult in the long run.

NOTE: Sometimes we will discover what our values are **NOTE** others violate them or act in a way that disrespects or disregard them.

List of Personal Values:

Integrity

Accountability
Candor
Commitment
Dependability
Dignity
Honesty
Honor
Responsibility
Sincerity
Transparency
Trust
Trustworthy
Truth

Feelings

Acceptance
Comfort
Compassion
Contentment
Empathy
Grace
Gratitude
Happiness
Hope
Inspiring
Irreverent
Joy
Kindness
Love
Optimism
Passion
Peace
Poise
Respect
Reverence
Satisfaction
Serenity
Thankful
Tranquility
Welcoming

Achievement

Accomplishment
Capable
Challenge
Challenge
Competence
Credibility
Determination
Development
Drive
Effectiveness
Empower
Endurance
Excellence
Famous
Greatness
Growth
Hard work
Improvement
Influence
Intensity
Leadership
Mastery
Motivation
Performance
Persistence
Potential
Power
Productivity
Professionalism
Prosperity
Recognition
Results-oriented
Risk
Significance
Skill
Skillfulness
Status
Success
Talent
Victory
Wealth
Winning

Spirituality

Adaptability
Altruism
Balance
Charity
Communication
Community
Connection
Consciousness
Contribution
Cooperation
Courtesy
Devotion
Equality
Ethical
Fairness
Family
Fidelity
Friendship
Generosity
Giving
Goodness
Harmony
Humility
Loyalty
Maturity
Meaning
Selfless
Sensitivity
Service
Sharing
Spirit
Stewardship
Support
Sustainability
Teamwork
Tolerance
Unity

Creativity

Creation
Curiosity
Discovery
Exploration
Expressive
Imagination
Innovation
Inquisitive
Intuitive
Openness
Originality
Uniqueness
Wonder

Enjoyment

Amusement
Enthusiasm
Experience
Fun
Humor
Playfulness
Recreation
Spontaneous
Surprise

Presence

Alertness
Attentive
Awareness
Beauty
Calm
Clear
Concentration
Focus
Silence
Simplicity
Solitude

Intelligence

Brilliance
Clever
Common sense
Decisiveness
Foresight
Genius
Insightful
Knowledge
Learning
Logic
Openness
Realistic
Reason
Reflective
Smart
Thoughtful
Understanding
Vision
Wisdom

Strength

Ambition
Assertiveness
Boldness
Confidence
Dedication
Discipline
Ferocious
Fortitude
Persistence
Power
Restraint
Rigor
Self-reliance
Temperance
Toughness
Vigor
Will

Freedom

Independence
Individuality
Liberty

Courage

Bravery
Conviction
Fearless
Valor

Order

Accuracy
Careful
Certainty
Cleanliness
Consistency
Control
Decisive
Economy
Justice
Lawful
Moderation
Organization
Security
Stability
Structure
Thorough
Timeliness

Health

Energy
Vitality