

Discovery exercise: finding your values

Values are about what matters most to you in the world and your life. What are your values?

To help you think about this, here is a list of some values:

Accomplishment Accuracy Acknowledgement Adventure Authenticity Beauty Calm
Collaboration Community Compassion Comradeship Confidence Connectedness
Contentment Contribution Cooperation Courage Creativity Curiosity Determination
Directness Discovery Ease Effortlessness Empowerment Enthusiasm Environment
Excellence Focus Freedom Friendship Fun Generosity Gentleness Growth
Happiness Harmony Health Helpfulness Honesty Humour Idealism Independence
Integrity Joy Kindness Learning Love Loyalty Orderliness Participation Partnership
Passion Patience Peace Productivity Recognition Respect Romance Self-Esteem
Service Simplicity Spirituality Spontaneity Strength Tact Thankfulness Tolerance
Tradition Trust Understanding Unity Vitality

Another way to find your values is to think in terms of the following broad 'outcomes' you want to see more of in yourself and the world as a result of how you live your life:

- Mind – knowledge, truth or clarity
- Body – wholeness, fitness or health
- Eyes and senses – beauty
- Heart – love and compassion
- Will or conscience – morality, justice, righteousness, honesty
- Human spirit – spirituality, faith, compassion, forgiveness
- Entertainment – laughter, joy
- Possessions – better stewardship of what we possess, quality over quantity
- The Earth – protection, exploration not exploitation

Using the table on the next page, spend some time coming up with your top ten values – you might find the list of possible values below helpful to refer to. Then rank them in order of importance. Next, score each of them out of 10 according to how much you feel you are living out that value in your life. Finally, jot down some thoughts on what you might do to live out your values more, particularly for those where your level of satisfaction is below 5 out of 10.

This exercise can also be particularly helpful when you're facing a major life decision. You can put yourself into the future and imagine you've chosen one option and score the grid below, and then do the same for the other life options.

Rank	Value/description	Level of satisfaction 0-10	What next?
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			