

Recognising Your Values

What is a Value?

A value is a person's principles or standards of behaviour - a judgement of what is important in life.

It is not a physical "thing" that we can do or see. For example, family is not a value, running is not a value. To help us figure out what our values are, we can ask ourselves what it is that family and running give us that we value:

Family - security, love, affection, safety

Running - freedom, adventure, strength, power

Why is it important that you recognise what your values are?

- To help you **find your purpose**
- To help you **react in difficult situations**
- To help you **make decisions**
- To help **clear mental and physical 'clutter'**
- To help you **choose the right career**
- To help you **develop your sense of self**
- To increase **your confidence**
- To improve **your overall happiness**

Without knowing what your core values are, it can be hard to stay true to those values. The following exercise will help you both identify and prioritise what matters to you.

Once complete, take a moment to consider how this value plays into your life. It is what matters most to you. Think about how you could use this value when making important decisions, and dealing with difficult situations.

Quite often, we experience anxiety and unease when our lives and actions are not reflective of our values. You might therefore want to think about how you can bring your value into your life more. How can you live, breathe, and communicate that value in everything that you do? Now that you hold this knowledge, it is in your power to use it to your advantage.

How To Recognise Your Values

Spend **3 minutes** writing out all your values.

Note: please find examples on page 3.

Spend **60 seconds** cutting that list of values down to just 10.

Note: there is no right or wrong answer. What matters to you might not matter to someone else.

- | | | |
|----|----|-----|
| 1. | 5. | 9. |
| 2. | 6. | 10. |
| 3. | 7. | |
| 4. | 8. | |

Spend **60 seconds** cutting that list of values down to just 5.

Note: make sure these are values that truly matter to you - not how you wish to be perceived by others.

- | | | |
|----|----|----|
| 1. | 3. | 5. |
| 2. | 4. | |

Spend **60 seconds** cutting that list of values down to just 3.

Note: it's likely to start feeling tough now! The remaining 3 values on your list must mean a lot to you.

- | | | |
|----|----|----|
| 1. | 2. | 3. |
|----|----|----|

Spend **60 seconds** cutting that list of values down to just 1.

Examples of Values

- Acceptance
- Advancement
- Adventure
- Affection
- Ambition
- Appreciation
- Autonomy
- Balance
- Beauty
- Boldness
- Calmness
- Career
- Challenge
- Change
- Clarity
- Collaboration
- Communication
- Community
- Compassion
- Connection
- Contentment
- Contribution
- Cooperation
- Courage
- Creativity
- Curiosity
- Dependability
- Diversity
- Empathy
- Encouragement
- Endurance
- Entrepreneurialism
- Ethics
- Excellence
- Excitement
- Fairness
- Faith
- Fame
- Fitness
- Forgiveness
- Freedom
- Fun
- Generosity
- Gratitude
- Growth
- Happiness
- Health
- Honesty
- Humanity
- Humour
- Independence
- Innovation
- Integrity
- Intelligence
- Joy
- Justice
- Kindness
- Knowledge
- Leadership
- Learning
- Love
- Loyalty
- Openness
- Optimism
- Order
- Originality
- Passion
- Patience
- Peace
- Popularity
- Power
- Professionalism
- Prosperity
- Quality
- Religion
- Resilience
- Respect
- Safety
- Security
- Simplicity
- Spirituality
- Strength
- Success
- Teamwork
- Trustworthiness
- Understanding
- Vision
- Wealth
- Wellness
- Wisdom