**1. Decide on an area of life that you want to focus on to explore your core values eg. relationships, communicating, work life etc.**

**Focus \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**2. Highlight all of the values in the list below that you feel are important to you in the area of focus (feel free to add any values that are not on the list).**

**Values Exercise**

|  |  |  |
| --- | --- | --- |
| Humour | Recognition | Elegance |
| Participation | Spirituality | Growth |
| Honesty | Harmony | Vitality |
| Performance | Empowerment | Aesthetics |
| Partnership | Accomplishment | Trust |
| Collaboration | Self-expression | Fame |
| Productivity | Orderliness | Success |
| Community | Integrity | Love |
| Service | Creativity | Fairness |
| Personal | Independence | Being Active |
| Power | Nurturing | Novelty |
| Contribution | Accuracy | Safety |
| Freedom of choice | Joy | Excitement |
| Excellence | Adventure | Change |
| Connectedness | Beauty | Curiosity |
| Fun | Authenticity | Learning |
| Acknowledgement | Zest | Personal growth |
| Focus | Risk-taking | Kindness |
| Comradeship | Tradition |  |
| Romance | Peace |  |
| Lightness | Respect |  |

**4. Consider how these values are being met or where they are being challenged in a specific situation.**

1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**3. Pick out the top 5 most important values and put them in order.**