

Exercise 5 – Personal Values

Identifying values provides a basis for reconnecting with identity, for focusing on the areas of our life that are important to us and for re-establishing a sense of personal integrity in the choices we make. If our goals are the “What”, our values provide the “Why”.

The statements in the following exercise are not a definitive list of all human values, however they may provide a prompt to help identify the things that are important to you now and the values that will be instrumental in supporting how you want to be in the future.

Value Description	Highly Important	Moderately Important	Less Important
Accepting: Open to and willing to experience thoughts and feelings without resistance or judgement.			
Affectionate: Displaying and expressing love or strong feelings for others.			
Aspiring: Actively seeking opportunities and striving for success.			
Assertive: Respectfully standing up for my rights and balancing my needs with the needs of others.			
Authentic: Being genuine, honest and true to myself.			
Caring: Helpful and considerate to myself and others.			
Challenging: Willing to examine and challenge unhelpful or unworkable patterns of behaviour.			
Compassionate: Recognising and acting to alleviate suffering for myself and others.			
Conforming: Respectful and obedient of helpful rules and obligations.			
Cooperating: Working collaboratively and harmoniously with others.			
Courageous: Brave and persistent in the face of fear, threat or difficulty.			

Value Description	Highly Important	Moderately Important	Less Important
Creative: Imaginative, resourceful and innovative.			
Curious: Open-minded, exploratory and interested in new and alternative approaches.			
Emotionally aware: Receptive to my own feelings and the feelings of others.			
Encouraging: Promoting and rewarding behaviour that I value in myself and others.			
Equality: Treating others fairly, consistently and equally.			
Fairness: Just, rational and reasonable.			
Fitness: Maintaining or improving my physical, psychological and emotional wellbeing.			
Flexible: Adjusting and adapting readily to changing circumstances.			
Forgiving: Coming to terms with or letting go of negative feelings towards myself and others.			
Friendliness: Friendly and companionable towards others.			
Generosity: Sharing and offering time, attention and resources to myself and others.			
Gratitude: Appreciative and valuing of the things that I have in my life.			
Honesty: Truthful and sincere with myself and others.			
Humility: Modest about my contributions whilst allowing my achievements to speak for themselves.			
Humour: Seeking out and engaging in the humorous side of life; not taking myself too seriously.			
Independent: Self-directive, contained and able to support myself.			
Industrious: Hard-working and productive with my time and resources.			
Open-minded: Approaching issues from an objective position, listening and considering other views.			

Value Description	Highly Important	Moderately Important	Less Important
Orderly: Planning, prioritising and being organized in my life.			
Patient: Waiting calmly and in line for what I want or need.			
Respectful: Polite, considerate and showing positive regard to others.			
Safe: Acting in a secure, protective and stable manner.			
Self-aware: Aware of my own thoughts, feelings and actions, considering how I come across to others.			
Self-disciplined: Acting according to my values and commitments, over my mood or vulnerabilities.			
Tenacious: Persisting despite problems and difficulties and without giving up.			
Tolerant: Coming to terms with, acknowledging and respecting things that clash with my own opinions.			
Trusted: Discrete, loyal, faithful, sincere and reliable.			
Other:			
Other:			

Priority	Which of the above values will be instrumental in the achievement of my personal goals?
1.	
2.	
3.	
4.	
5.	
6.	