

Activity: My Values

This exercise aims to identify the essence of our Values – that is, what drives our behaviour.

Read through the list and highlight any of the values or qualities that resonate deeply with you.
Don't think too much about each word – go with your gut feel or first impression for each.

Acceptance	Curiosity	Honour	Resilience
Accountability	Decisiveness	Humility	Resourcefulness
Accuracy	Dependability	Humour	Restraint
Achievement	Determination	Independence	Results-oriented
Action	Devoutness	Ingenuity	Rigor
Adventurousness	Diligence	Inquisitiveness	Security
Agility	Discipline	Insightfulness	Self-actualization
Altruism	Discretion	Intelligence	Self-awareness
Ambition	Diversity	Intuition	Self-control
Approachable	Education	Imagination	Selflessness
Assertiveness	Effectiveness	Joy	Self-reliance
Autonomy	Efficiency	Justice	Sensitivity
Balance	Empathy	Leadership	Service
Being the best	Enjoyment	Legacy	Shrewdness
Belonging	Enthusiasm	Logic	Simplicity
Boldness	Equality	Longevity	Sincerity
Calmness	Excellence	Love	Speed
Caring	Excitement	Loyalty	Spontaneity
Carefulness	Expertise	Making a difference	Stability
Challenge	Exploration	Mastery	Strategic
Cheerfulness	Expressiveness	Merit	Strength
Clarity	Fairness	Obedience	Structure
Collaboration	Faith	Objectivity	Success
Commitment	Family	Openness	Support
Community	Fidelity	Optimism	Teamwork
Compassion	Fitness	Order	Thankfulness
Competitiveness	Focus	Organisation	Thoroughness
Confidence	Foresight	Originality	Thoughtfulness
Conservation	Frankness	Patience	Timeliness
Consideration	Freedom	Peace	Tolerance
Consistency	Frugality	Perfection	Traditionalism
Contentment	Fun	Perseverance	Trustworthiness
Continuous Improvement	Generosity	Playfulness	Truth
Contribution	Goodness	Politeness	Understanding
Control	Grace	Positivity	Uniqueness
Conviction	Growth	Practicality	Unity
Cooperation	Happiness	Preparedness	Usefulness
Correctness	Hard Work	Professionalism	Vision
Courage	Health	Punctuality	Vitality
Courtesy	Helping Others	Quality	Wealth
Creativity	Honesty	Reliability	Wisdom

Step 2:

Group the highlighted values into 3-5 “like” groups.

For example, Honesty, Frankness, Objectivity might be grouped together.

Add any other values that resonate with you.



Group 1	Group 2	Group 3	Group 4	Group 5

**Step 3: Summarise**

Choose one summary word that represents that grouping and highlight that word or write it in the bottom box. Try to articulate the essence of the group of words.

Step 4: Reflection

How do you feel about these values?
Are they affirming of you? If not, which ones could be more affirming of who you are?
Is this how you would like to see yourself moving forward? If not, how would you like things to be different?
Would you be happy/ proud to share these with others? If not, what needs to change?