

PERSONAL VALUES

Much of the time we see our values when we are tested the most, during our hardest times, this is when we draw on the core of who we are. Our values can tell us what we are prepared to put up with and can also explain why we find some situations or even relationships difficult.

1. Score out the values that you don't connect with deeply.
2. Think about each one remaining and ask yourself these questions
 - a. Does this define me?
 - b. Is this who I am at my best?
 - c. Is this a filter that I use to make hard decisions?
3. Keep assessing until you are left with the two values that truly guide your every intention and behaviour.

Remember some values will be a subset of those you choose as your top two, for example if you choose integrity, then honesty and truth may be closely linked and a subset. You may even come up with your own word to summarise your key values, there are no fixed rules!

Accountability	Achievement	Adaptability	Adventure	Altruism	Ambition
Authenticity	Balance	Being the best	Belonging	Career	Caring
Collaboration	Commitment	Community	Compassion	Competence	Confidence
Contentment	Connection	Cooperation	Contribution	Courage	Credibility
Creativity	Curiosity	Dignity	Diversity	Environment	Efficiency
Equality	Equity	Ethics	Excellence	Fairness	Faith
Family	Fun	Fulfilment	Freedom	Friendship	Financial
Forgiveness	Future	Generosity	Giving Back	Growth	Gratitude
Harmony	Health	Home	Honesty	Hope	Humour
Inclusion	Independence	Inclusion	Initiative	Integrity	Intuition
Job security	Joy	Justice	Kindness	Knowledge	Leadership
Learning	Legacy	Leisure	Love	Loyalty	Nature
Optimism	Openness	Order	Parenting	Patience	Peace
Perseverance	Power	Pride	Recognition	Reliability	Risk taking
Respect	Resourcefulness	Safety	Security	Self-discipline	Self-respect
Serenity	Simplicity	Sportsmanship	Spirituality	Success	Service
Stewardship	Teamwork	Thrift	Time	Tradition	Travel
Trust	Truth	Understanding	Uniqueness	Usefulness	Vision
Value	Vulnerability	Wealth	Well-being	Wisdom	