

# values

- 1) Think about the last time you felt completely yourself and in the flow. What were you doing? Who were you with? What was your environment like?
- 2) Recall your 5 happiest moments from the last year. Why did they bring you so much joy? What common themes run through all of those moments?
- 3) If you had to prioritise just 3 things in your life, what would they be?
- 4) Consider what you want to be known for. How do you want to make other people feel? What do you want to be said about you when you're not in the room?
- 5) Make a list of your 5 proudest achievements. What is it about those achievements that resonates most with you?
- 6) If you won the lottery tomorrow, what would still be important to you? What would you still do even if money was no objects?

Use your answers to the questions above and the examples on the next page to identify the 5-7 values that best represent you.

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## **examples of values:**

Accountability, Accuracy, Achievement, Adventure, Altruism, Ambition, Assertiveness, Authenticity, Balance, Being the best, Belonging, Boldness, Calmness, Challenge, Cheerfulness, Commitment, Community, Compassion, Competitiveness, Connection, Consistency, Contentment, Continuous Improvement, Contribution, Control, Cooperation, Creativity, Curiosity, Decisiveness, Determination, Diligence, Discipline, Diversity, Dynamism, Efficiency, Empathy, Enjoyment, Enthusiasm, Equality, Excellence, Excitement, Exploration, Faith, Family, Focus, Freedom, Fun, Generosity, Grace, Growth, Happiness, Hard Work, Health, Honesty, Impact, Independence, Ingenuity, Inner Harmony, Integrity, Intelligence, Intuition, Joy, Love, Loyalty, Making a difference, Originality, Peace, Perfection, Positivity, Practicality, Reliability, Resourcefulness, Security, Self-reliance, Sensitivity, Serenity, Spontaneity, Stability, Strength, Success, Support, Sustainability, Teamwork, Thankfulness, Thoughtfulness, Truthful, Variety, Vision, Vitality