

Values exercise

Your core values impact everything you do, and if they are not being met, it can make your life more difficult! For example, if you have a core value of freedom and you feel trapped, it can make your life miserable. However, if you know one of your core values is freedom, you can work to incorporate more freedom in your life and celebrate the freedom you have in life.

Step one: Highlight any of the values below that resonate with you.

Achievement	Generosity	Justice	Risk
Adventure	Growth	Kindness	Security
Beauty	Happiness	Knowledge	Self-discipline
Charity	Health	Leadership	Self-esteem
Community	Honesty	Learning	Service
Creativity	Honour	Love	Spirituality
Dignity	Humility	Open-	Strength
Ethics	Independence	mindedness	Supportiveness
Family	Individuality	Peace	Surrender
Feeling Good	Inspiration	Power	Trust
Freedom	Integrity	Pride	Truth
Friendship	Intimacy	Reason	Wisdom
Fun	Joy	Respect	

_____	_____	_____	_____
_____	_____	_____	_____

This is not a comprehensive list of values - for a longer and pretty exhaustive list of values, go to <http://www.stevepavlina.com/articles/list-of-values.htm>

Step 2: Choose your top 3 values

Step 3: How do you express these values in your life?

For example, one of my top values is freedom. I am free to wear what I want, believe what I want, do what I want in my social life.

Step 4: How can you incorporate MORE of this value into your life?

For example, another of my top values is joy. I can make sure that every day, I do things that bring me joy – getting out in the sunshine, enjoying music, dancing etc.