

Core Personal Values

Your life purpose or impact is all about how you make a difference and this is ALL about your values.

Values Definition – those wonderful, intangible things that attract you; the forces that can make pep talks and motivational speeches totally unnecessary in your life. Your values are you. (T. Leonard, The Portable Coach, 1998)

Tips for finding your values:

1. What do you have to have in order to be you?
2. What traits in others annoy you? (turn this around and there is usually a value underneath it)
3. Describe your idea of the "perfect day."
4. Think about a time where you felt amazing and the best version of you – what was important to you about that?
5. Who do you admire? What is it you admire about them?
6. If a value you want is not there then please add it.

Values Clarification Directions

1. Go through the List of Values and put a ✓ **check mark** next to any that you feel you "must have" in order to be who you are.
2. Next, go back over the checked values and narrow the number by circling your top ten to fifteen.
3. See if some of the values don't describe the same value more in depth, for example: Playfulness/Creativity/Joy
4. By stringing three values together, you will begin to define exactly how you experience living a particular value.
5. Create your top five values using the values stringing technique just described and write those on the worksheet.
6. Next, write an operational definition of the value string you've listed. In other words, what do you do to fully live this value; Or, what conditions let you know you're honoring this value full out?
7. Then rank order the Values from "most important" to "least important." There is a box at the bottom of the worksheet for this step.
8. Finally, circle the number next to the 'rank ordered list' according to how well you are living that particular value today.

List of Values

Abundance	Acceptance	Accessibility
Accomplishment	Accuracy	Achievement
Acknowledgement	Activeness	Adaptability
Adoration	Adroitness	Adventure
Affection	Affluence	Aggressiveness
Agility	Alertness	Altruism
Ambition	Amusement	Anticipation
Appreciation	Approachability	Articulacy
Assertiveness	Assurance	Attentiveness
Attractiveness	Audacity	Authenticity
Awareness	Awe	Balance
Beauty	Being the best	Belonging
Benevolence	Bliss	Boldness
Bravery	Brilliance	Buoyancy
Calmness	Camaraderie	Candor
Capability	Care	Carefulness
Celebrity	Certainty	Challenge
Charity	Charm	Chastity
Cheerfulness	Clarity	Cleanliness
Clear-mindedness	Cleverness	Closeness
Comfort	Commitment	Compassion
Completion	Composure	Concentration
Confidence	Conformity	Congruency
Connection	Consciousness	Consistency
Contentment	Continuity	Contribution
Control	Conviction	Conviviality
Coolness	Cooperation	Cordiality
Correctness	Courage	Courtesy
Craftiness	Creativity	Credibility
Cunning	Curiosity	Daring
Decisiveness	Decorum	Deference
Delight	Dependability	Depth
Desire	Determination	Devotion
Devoutness	Dexterity	Dignity
Diligence	Direction	Directness
Discipline	Discovery	Discretion
Diversity	Dominance	Dreaming
Drive	Duty	Dynamism
Eagerness	Economy	Ecstasy
Education	Effectiveness	Efficiency
Elation	Elegance	Empathy
Encouragement	Endurance	Energy
Enjoyment	Entertainment	Enthusiasm
Excellence	Excitement	Exhilaration
Expectancy	Expediency	Experience



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LIFE & WELL-BEING DEVELOPMENT

Live Your Best Life.

Expertise	Exploration	Expressiveness
Extravagance	Extroversion	Exuberance
Fairness	Faith	Fame
Family	Fascination	Fashion
Fearlessness	Ferocity	Fidelity
Fierceness	Financial independence	Firmness
Fitness	Flexibility	Flow
Fluency	Focus	Fortitude
Frankness	Freedom	Friendliness
Frugality	Fun	Gallantry
Generosity	Gentility	Giving
Grace	Gratitude	Gregariousness
Growth	Guidance	Happiness
Harmony	Health	Heart
Helpfulness	Heroism	Holiness
Honesty	Honor	Hopefulness
Hospitality	Humility	Humor
Hygiene	Imagination	Impact
Impartiality	Independence	Industry
Ingenuity	Inquisitiveness	Insightfulness
Inspiration	Integrity	Intelligence
Intensity	Intimacy	Intrepidness
Introversion	Intuition	Intuitiveness
Inventiveness	Investing	Joy
Judiciousness	Justice	Keeness
Kindness	Knowledge	Leadership
Learning	Liberation	Liberty
Liveliness	Logic	Longevity
Love	Loyalty	Majesty
Making a difference	Mastery	Maturity
Meekness	Mellowness	Meticulousness
Mindfulness	Modesty	Motivation
Mysteriousness	Neatness	Nerve
Obedience	Open-mindedness	Openness
Optimism	Order	Organization
Originality	Outlandishness	Outrageousness
Passion	Peace	Perceptiveness
Perfection	Perkiness	Perseverance
Persistence	Persuasiveness	Philanthropy
Piety	Playfulness	Pleasantness
Pleasure	Poise	Positivity
Popularity	Potency	Power
Practicality	Pragmatism	Precision
Preparedness	Presence	Privacy
Proactivity	Professionalism	Prosperity
Prudence	Punctuality	Purity
Realism	Reason	Reasonableness



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Recognition	Recreation	Refinement
Reflection	Relaxation	Reliability
Religiousness	Resilience	Resolution
Resolve	Resourcefulness	Respect
Rest	Restraint	Reverence
Richness	Rigor	Sacredness
Sacrifice	Sagacity	Saintliness
Sanguinity	Satisfaction	Security
Self-control	Selflessness	Self-reliance
Sensitivity	Sensuality	Serenity
Service	Sexuality	Sharing
Shrewdness	Significance	Silence
Silliness	Simplicity	Sincerity
Skillfulness	Solidarity	Solitude
Soundness	Speed	Spirit
Spirituality	Spontaneity	Space
Stability	Stealth	Stillness
Strength	Structure	Success
Support	Supremacy	Surprise
Sympathy	Synergy	Teamwork
Temperance	Thankfulness	Thoroughness
Thoughtfulness	Thrift	Tidiness
Timeliness	Transparency	Tranquility
Transcendence	Trust	Trustworthiness
Truth	Understanding	Unflappability
Uniqueness	Unity	Usefulness
Utility	Valor	Variety
Victory	Vigor	Virtue
Vision	Vitality	Vivacity
Warmth	Watchfulness	Wealth
Willfulness	Willingness	Winning
Wisdom	Wittiness	Wonder
Youthfulness	Zeal	



Add Values to Your Life

Five value strings that are important to me are:
(plus short description of how you live them)

My Values Prioritized

I am living these values

Most important

not at all somewhat mostly definitely

	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10

Least important

How knowing your values can impact your life

Making Progress with your values:

1. Don't find yourself torn between things, let your values choose for you.
2. You feel less conflicted, more at peace, because your goals are in sync and represent what is most important to you.
3. You enjoy your work and different areas of your life flow together.
4. You drop draining goals and projects that don't express your values.
5. You have no regrets, whatever happens, because you are true to your values.

Top Ten Ways to Orient Yourself Around Your Values

1. Values are interests or qualities that ATTRACT you.
2. Know the difference between your needs, wants, and values.
3. Get your needs met so you can orient yourself around your values.
4. Get involved in activities that allow you to express your values.
5. Run your goals up against your values to determine their match.
6. Honor your values to be clear about the opportunities you have in front of you.
7. Filter or screen people, events and surprises that come into your life through your values.
8. Learn to rely on your values and honor them.
9. Look at your list of 5 values and then your top 5 goals and match them - goal to value.
10. Use your values as the catalyst and motivator to get your needs met.