

Find Your Values Worksheet

The purpose of this exercise is to help you identify your top values. Knowing your values and making a concerted effort to bring your values into focus will help you feel grounded and more fulfilled.

People may think that values are ethics or morals; they're not. Values are what is important to you, what motivates you, what gives your life meaning. Your values influence your behaviours, choices, emotions, habits and lifestyle.

Acknowledging your values and their influence on your life enables you to make better decisions. When you live your life aligned to your values, you will have more energy and a greater sense of purpose.

How to use the values list

Step 1: Select all the values you identify with

Review the list of values on the next page and circle any that resonate strongly for you.

Step 2: Pick your top 10

From your circled values, narrow this list to your top 10.

Step 3: Your five values

Reviewing your top 10 list from Step 2, select the 5 that you consider your most important values. These are ones you connect with the most strongly. You should be able to think of examples of experiences where these values were met or not. Where the value was not met, it may be that the opposite of that value was promoted or central to the experience. For example, if humor is a top value to you, you may be able to think of negative experiences where someone reacted with seriousness, joylessness or lack of humor.

List of Values

| | | |
|----------------|--------------|------------------|
| Accountability | Forgiveness | Order |
| Achievement | Freedom | Patience |
| Adaptability | Friendship | Peace |
| Adventure | Fun | Perseverance |
| Altruism | Generosity | Power |
| Ambition | Giving back | Pride |
| Authenticity | Grace | Rebellion |
| Balance | Gratitude | Recognition |
| Beauty | Growth | Reliability |
| Belonging | Harmony | Resourcefulness |
| Caring | Honesty | Respect |
| Collaboration | Hope | Responsibility |
| Commitment | Humility | Risk-taking |
| Community | Humor | Safety |
| Compassion | Impact | Security |
| Competence | Inclusion | Self-discipline |
| Confidence | Independence | Self-expression |
| Connection | Initiative | Service |
| Contribution | Integrity | Simplicity |
| Cooperation | Intuition | Spirituality |
| Courage | Joy | Success |
| Creativity | Justice | Teamwork |
| Curiosity | Kindness | Time |
| Dignity | Knowledge | Tradition |
| Diversity | Leadership | Trust |
| Environment | Learning | Truth |
| Efficiency | Legacy | Understanding |
| Equality | Leisure | Uniqueness |
| Ethics | Love | Vulnerability |
| Excellence | Loyalty | Well-being |
| Fairness | Openness | Wholeheartedness |
| Faith | Optimism | Wisdom |

Adapted from [Brené Brown's List of Values](#)



If you would like to share feedback or receive help with this worksheet, get in touch at coaching@witten.kim. Or visit witten.kim for info on coaching