

Finding Your Personal Values

First get organized with pen and notepad, journal or your preferred note-taking app. Take a breath for a moment and allow yourself to just tune in to yourself.

Start jotting down some values, remembering it's about who you are now. It's not about what you think any be better or what other people think. This is purely a YOU exercise. There is a list of values on the next page that you may want to look at to help you identify what resonates with you.

After you found what values apply to you, begin to group them. You may begin to see a bit of a pattern occurring.

Once you've grouped them, find a word within that group that resonates the most with you. And those words are the core of your values 😊

That said, values are influenced by our conditioning and can change over time. So a review every now and again can help us remain centered.

List of Values

This list is my no means exhaustive. Feel free to come up with your own.

Acceptance	Health	Reliability
Accountability	Honesty	Resilience
Adaptability	Hope	Resourcefulness
Advocacy	Humility	Realistic
Ambition	Humor	Reason
Appreciation	Imagination	Reflective
Autonomy	Inclusiveness	Responsibility
Authenticity	Independence	Responsiveness
Balance	Individuality	Restraint
Boldness	Inner Harmony	Risk Taking
Calmness	Integrity	Safety
Caring	Intuitive	Secure
Clarity	Innovation	Security
Collaboration	Inspiration	Self-Control
Commitment	Integrity	Selflessness
Communication	Intelligence	Sensitive
Compassion	Joy	Service
Connection	Justice	Sincerity
Consideration	Kindness	Simplicity
Consistency	Knowledge	Solitude
Contribution	Leadership	Spirituality
Cooperation	Learning	Spontaneous
Creativity	Logic	Stability
Credibility	Love	Structure
Curiosity	Loyalty	Success
Daring	Maturity	Support
Dedication	Mindful	Talent
Dependability	Motivated	Teamwork
Determination	Nurturing	Thankfulness
Discipline	Openness	Thoughtfulness
Diversity	Optimistic	Timeliness
Empathy	Order	Traditionalism
Ethical	Original	Tranquility
Expressiveness	Passion	Transparency
Fairness	Patient	Trusting
Faith	Peaceful	Trustworthiness
Fearless	Performance	Understanding
Flexibility	Persistent	Uniqueness

Focus	Personal	Usefulness
Fortitude	Development	Valor
Freedom	Playfulness	Versatility
Fun	Potential	Vision
Generosity	Power	Vitality
Giving	Present	Warmth
Grace	Proactive	Welcoming
Gratitude	Productive	Wisdom
Harmony	Purpose	Wonder