Determining & Defining Your Values

Questions to ask yourself:

1. Does this define me?
2. Is this who I am at my best?
3. Is this a filter that I use to make hard decisions?

Accountability  Equality  Initiative  Respect
Achievement    Equality  Integrity  Responsibility
Adaptability   Ethics    Initiative  Risk-taking
Adventure     Excellence  Intuition  Safety
Altruism      Fairness   Job Security  Security
Ambition      Faith     Joy     Self-discipline
Authenticity  Financial Stability Kindness  Self-expression
Balance       Forgiveness Knowledge  Self-respect
Beauty        Freedom   Leadership  Serenity
Being the Best  Friendship  Learning  Service
Belonging    Fun     Legacy  Simplicity
Career        Future Generations Leisure  Spirituality
Caring        Generosity Love  Sportsmanship
Collaboration Giving Back Loyalty  Stewardship
Commitment    Grace     Making a Difference Success
Community     Gratitude  Nature  Teamwork
Compassion    Growth    Openness  Thrift
Competence    Harmony  Optimism  Time
Confidence    Health    Order  Tradition
Connection    Home     Parenting  Travel
Contentment   Honesty   Patience  Trust
Contribution  Hope     Patriotism  Truth
Cooperation   Humility  Peace  Understanding
Courage       Humor     Perseverance  Uniqueness
Creativity    Inclusion Personal Fulfillment  Usefulness
Curiosity     Independence Power  Vision
Dignity       Initiative  Pride  Vulnerability
Diversity     Integrity  Recognition  Well-being
Environment   Inclusion Reliability Wholeheartedness
Efficiency    Independence Resourcefulness  Wisdom

Write your own:
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Now that you have identified your values, this next exercise will ask you to define each value in your own words and create behaviors that will allow you to begin living into your core values.

Value #1: ______________________
1. How do you define this value?

2. What are behaviors that aid in living into this value?

3. What are behaviors that hinder you from living into this value?

Value #2: ______________________
1. How do you define this value?

2. What are behaviors that aid in living into this value?

3. What are behaviors that hinder you from living into this value?

(Brown, 2018)