**VALUES**

Read through the list of values below, slowly and consider each one, circling the ones that call to you.

Let your gut choose the words, not your head. Feel how your body and heart respond to each value.

You’re looking for values that either feel like an intrinsic part of who you are and how you show up in the world (for me that is fun and play) and what is deeply important to you and feeds your soul (for me it is deep connection, love for others).

Don’t go for values because they sound impressive or worthwhile. Don’t go for values because you want MORE of that in your life. You might want a life full of abundance, but unless it really calls to you, don’t choose it.

Don’t shy away from words because they seem frivolous. My two values of fun and play might sound like childlike or frivolous words, but fun and play are such an intrinsic part of my character and I LOVE when things can be made to feel like fun and play. When I bring fun and play to what I do - anything from marketing or parenting - things flow and sparkle and I’m at my best.

Only choose values that come easily to you. I felt called to the idea of wisdom being one of mine but it came with too much weight of expectation from myself and also I suspected that my ego was a little tooo into it, so I knocked it off the list.

So with that, let’s get you started!

**Step 1:** Circle or write out all the values that call to you from the list of values on pages 3 and 4 of this worksheet (and add any that you think of that aren’t on that list).

This is what you want your life to be full of. This is what is important to you. This is what you want to be experiencing in life and dedicating yourself to as much as possible, in the way you live, work and play.

So take a moment and let it soak in. Enjoy it.

**Step 2:** Then go through this new list of values that call to you and circle the ones that you are MOST drawn to. You might find that you feel a strong ‘yes’ as you read them or you feel a surge of energy in your body as you read the word.

**Step 3:** Now write out the values that you circled. The aim is to have between three and six values. So go through the list again and choose your top TOP values.

**Step 4:** If you have more than 6 then group together values that have a similar feeling to them eg fun, excitement, adventure and see if there is one word out of the group that really stands out or that could be an umbrella word to capture the feeling of all three eg ‘fun’

**Step 5:** Now that you have your values, let’s look at how you can use them to shape your life…

Take each of your values, one by one, and for each of them write out the following:

**1. What does …<insert value>…. mean to you? Why is it so important to you?**

**2. What are the activities, experiences, people and objects that help you to feel that way and connect with that value?**

**What are your core values in life?**

Abundance

Activism

Accountability

Achievement

Accuracy

Advancement

Adaptability

Adventure

Autonomy

Affection

Altruism

Ambition

Arts

Authenticity

Awareness

Balance

Beauty

Being of service

Belonging

Brilliance

Calmness

Career

Caring

Challenge

Change

Celebration

Collaboration

Comfort

Community

Commitment

Compassion

Competence

Competition

Completion

Cooperation

Connection

Connectedness

Confidence

Cooperation

Contentment  
Contribution  
Courage

Country

Contribution

Courtesy

Creativity

Curiosity

Decisiveness

Deep Connection

Democracy

Dignity

Diversity

Duty

Economic

Education

Effectiveness

Efficiency

Elegance  
Energy

Enlightenment

Entertainment  
Enthusiasm

Environment

Equality

Ethics

Excellence

Excitement

Exhilaration

Experiment

Expertise

Fairness

Faith

Fame

Family

Femininity

Financial stability

Faithfulness

Fast Pace

Flexibility

Fitness

Flow

Forgiveness

Freedom

Friendship

Fun  
future generations

Generosity

Giving back  
Grace

Gratitude

Growth

Groundedness

Guidance

Happiness

Harmony

Health

Healing

Helping Others

Helping Society

Health

Home

Honesty

Humour  
Hope  
Humility  
Imagination

Improvement

Inclusion

Independence

Influencing

Initiative  
Integrity

Inner Harmony

Inspiration

Integrity

Intellect

Intimacy  
Intuition

Involvement  
Joy

Job security  
Joy  
Justice

Kindness

Knowledge

Laughter

Leadership

Learning

Loyalty

Legacy  
Leisure

Love

Love for others

Loyalty

Making a difference  
Magic

Magnificence  
Manifestation

Mastery

Mentoring

Mindfulness

Moderation

Money

Morality

Mystery

Nature

Openness

Order

Originality

Parenting

Passion

Patience

Patriotism

Peace

Personal Development

Personal Expression  
Personal fulfilment  
Perseverance

Planning

Play

Pleasure

Power  
Pride

Privacy

Problem solving

Purity

purpose

Quality

Radiance

Rationality

Romance

Rebellion

Recognition

Relationships

Religion

Reliability

Reputation

Responsibility

Resourcefulness  
Respect  
Rising Up

Risk-taking

Safety  
Security

Self-care

Self-love

Self-expression

Self-Respect

Self-Acceptance  
Self-discipline

Sensibility

Sensuality

Serenity

Service

Sexuality

Sensuality

Simplicity

Solitude

Sophistication

Spark

Spirituality

Stability

Status

Sportsmanship  
Stewardship  
Success

Teaching

Transformation

Teamwork  
Thrift  
Time

Tolerance

Tradition  
Travel  
Trust  
Truth  
Understanding  
Uniqueness  
Usefulness  
Variety

Vitality

Vision  
Vulnerability  
Wealth

Wellbeing

Winning

Wisdom

Wholeheartedness  
Wonder

Work-life balance