

Discover your values.

This exercise will help you identify the values that shape your behaviour, decisions, and sense of meaning. Values are the principles, beliefs, and standards that guide how you live, and becoming clearer about them can make choices easier and help you protect your energy. If you have already reflected on your purpose, this exercise will deepen that work by revealing what matters most to you in practice.

You may also like to invite your partner to complete the exercise separately, then compare your results. This can open a valuable conversation about the values you share, the values that differ, and how those differences show up in everyday life.

Thank you to my friend and colleague, Cameron Houston, for allowing me to use this exercise. He developed it some time ago.

Below are the sheets to print off to complete the exercise.

Notes:

If the value seems to fit somewhat but not completely, try to find a different word that expresses it better for you. This list of values is just a starting point and not an exhaustive one. It is here to get you started.

When you reach the pyramid, place your six most important values at the top. The values at the bottom show what matters least to you.

The hexagon is to give you an idea of how you express that value in your life. Are you living that value as fully as you would like? What do you need to do to live this value more fully?

Enjoy this exercise. Take time over it. Don't rush. Print off the personal values set and cut them into individual values so you can move them around on the pyramid. Walk away and come back to it a couple of days later. Find another word or move the values around until you are completely happy with the result before proceeding to the last part of the exercise.

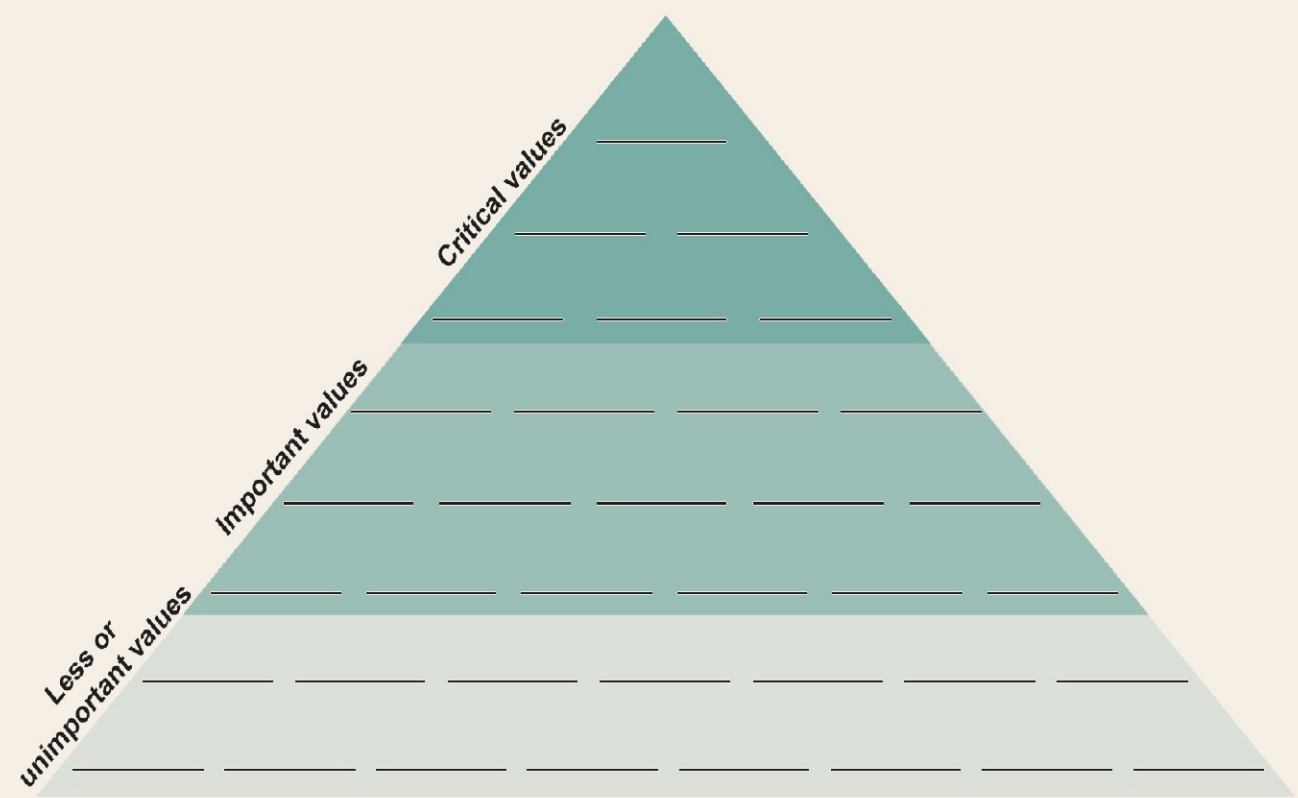
All the best as you learn more about yourself and what is important to you.

Personal Values Set

achievement A sense of accomplishment, mastery	acumen Challenging self intellectually	advancement promotions	adventure New and challenging experiences
affection Love and caring	athleticism Achieving peak physical performance	balance Managing conflicting demands	competitiveness Winning, being the best
cooperation Working well with others, teamwork	creativity Being imaginative, innovative	cutting edge Being at the forefront of things or ideas	diversity Being exposed to different people/cultures
environment Creating pleasing surroundings	fame Being famous, well known	freedom Independence, autonomy	friendship Close relationships with others
influence Guiding others' thoughts or behaviours	harmony Being at peace	health A sense of well-being	helpfulness Assisting others, improving society
integrity Honesty, sincerity, standing up for beliefs	involvement Participating with others, belonging	loyalty Duty, respectfulness, obedience	order Stability, conformity, predictability
personal development Use of potential	pleasure Fun, laughs, a leisurely lifestyle	power Control or authority over others	recognition Respect from others, status
responsibility Accountable for results	risk Taking chances	security	self-respect Pride, sense of personal identity
spirituality Spiritual beliefs, closeness to God	variety Having many things on the go	wealth Making money, being rich	wisdom Understanding life, discovering knowledge

My personal values pyramid

Transcribe the 36 values from the personal values chart onto the pyramid below. Your most important value should be written on the top line, your next two most important values should be written on the second line, and so on until you have transcribed all 36 values in priority for you. There is no right or wrong answer to this exercise. You will gain the most by being honest with yourself about what's really important to you.



My personal values map

Transcribe the 6 critical values from your personal values set onto the values map below by writing one value along each side of the hexagon . On a scale of zero to 9, indicate where you regard yourself as currently consistently living according to each of these values. Colour in the map

