

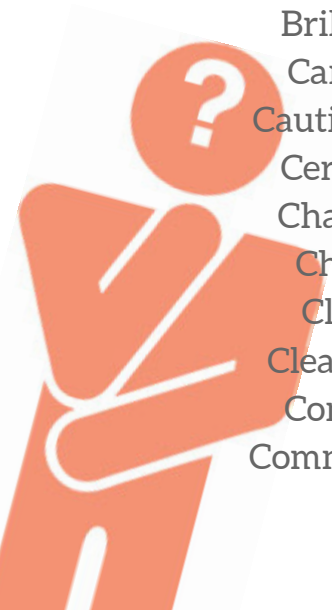
# Identify Your Values

Begin by circling all the values that speak to you; everything that feels important. The key is to not overthink this process, just go with your gut.

Next, group together all the similar words; for example valour and courage can be grouped together, while safety, security and cautiousness can all go in their own group.

Finally, from each group pick out the word you have the strongest connection to – and there you have your own list of values!

Acceptance	Common sense	Discipline
Accomplishment	Communication	Discovery
Accountability	Community	Driven
Achievement	Compassion	Effectiveness
Adaptability	Competence	Efficiency
Adventure	Confidence	Empathy
Altruism	Connection	Empowered
Ambition	Consciousness	Energy
Assertiveness	Consistency	Enjoyment
Attentiveness	Contentment	Enthusiasm
Autonomy	Contribution	Equality
Awareness	Conviction	Ethical
Boldness	Cooperation	Fairness
Bravery	Courage	Family
Brilliance	Courtesy	Fearless
Candour	Creativity	Fidelity
Cautiousness	Credibility	Focus
Certainty	Curiosity	Foresight
Challenge	Decisiveness	Fortitude
Charity	Dedication	Freedom
Clarity	Dependability	Friendship
Cleanliness	Determination	Fun
Comfort	Devotion	Generosity
Commitment	Dignity	Goodness





Grace	Originality	Solitude
Gratitude	Passion	Spirituality
Greatness	Patience	Spontaneous
Growth	Peace	Stability
Happiness	Performance	Status
Hard work	Persistence	Strength
Harmony	Playfulness	Structure
Health	Poise	Success
Honesty	Potential	Support
Honour	Power	Surprise
Hope	Present	Sustainability
Humility	Productivity	Talent
Imagination	Professionalism	Teamwork
Independence	Prosperity	Temperance
Individuality	Purpose	Thankful
Insightful	Quality of life	Thorough
Inspiring	Reason	Thoughtful
Integrity	Recognition	Tolerance
Intelligent	Recreation	Toughness
Intuitive	Reflective	Traditional
Joy	Respect	Tranquility
Justice	Responsibility	Transparency
Kindness	Results-oriented	Trust
Knowledge	Reverence	Trustworthy
Leadership	Rigour	Truth
Learning	Safety	Understanding
Logic	Satisfaction	Uniqueness
Love	Security	Unity
Loyalty	Self-reliance	Valour
Mastery	Selflessness	Victory
Maturity	Serenity	Vigour
Meaning	Service	Vision
Moderation	Sharing	Vitality
Modesty	Significance	Wealth
Motivation	Silence	Welcoming
Openness	Simplicity	Winning
Optimism	Sincerity	Wisdom
Organisation	Skill	Wonder
	Smart	