

Assessing Your Values:

Values are a significant part of who we are, they represent what we stand for. Our values should guide our behavior and act as our personal code of conduct. If our behavior is in line with our values, we will feel more satisfied and it will be easier to achieve our goals. We don't need to fight distractions as much because we already know exactly what values are guiding us and thus what we want. For example, if you value physical health more than comfort you will eat and behave differently than if you value comfort more.

If you do not take time to discover your values, it is easy to get swept up into what society says is important and be led by that. As with anything else, knowing your values takes effort! First, take some time and contemplate what is most important to you, to what currently guides your life and makes you feel fulfilled. Then, create a list from your thoughts. Next, go through the list below and circle what is most important to you. After that, group those items that are related and pick the central word that summarizes each group of core values. Lastly, put them in order from most to least important. I would suggest having approximately 10 summary words. Put your list aside for a day; after time away from your work, review it for accuracy. Do the summary words seem consistent with who you are? Are they in the right order of importance?

Now assess whether or not you are actually living out your core values. Give each value a score, 10 meaning you are truly living out that value and 1 meaning you are off track and no one would be able to tell you value that quality. If you got below a seven, consider what changes you need to make in order to be in line with that value. Your values can help you make choices so you can attain your goals in life, so you can stay on the path toward the life you want.

VALUES:

Acceptance	Community	Dependability
Accomplishment	Compassion	Depth
Accountability	Competence	Dexterity
Accuracy	Competition	Dignity
Achievement	Concentration	Diligence
Adaptability	Confidence	Direction
Adventure	Conformity	Discipline
Altruism	Connection	Discretion
Authenticity	Consciousness	Diversity
Authority	Conservation	Drive
Autonomy	Contentment	Dynamism
Balance	Continuity	Eagerness
Beauty	Contribution	Ease
Boldness	Control	Education
Calm	Conviction	Effectiveness
Candor	Cooperation	Efficiency
Capability	Correctness	Elegance
Certainty	Courtesy	Empathy
Challenge	Craftiness	Endurance
Charity	Creativity	Energy
Cleanliness	Credibility	Entertainment
Comfort	Curiosity	Enthusiasm
Commitment	Daring	Equality
Common Sense	Decisiveness	Environmentalism
Communication	Dedication	Ethics

VALUES:

Excellence	Fortitude	Humor
Excitement	Frankness	Hygiene
Expediency	Freedom	Imagination
Experience	Friendship	Impact
Expertise	Frugality	Impartiality
Exploration	Fun	Improvement
Expressiveness	Gallantry	Independence
Extravagance	Generosity	Individuality
Fairness	Genius	Influence
Family	Gentleness	Ingenuity
Faith	Goodness	Inner Harmony
Faithfulness	Gratitude	Innovation
Fame	Greatness	Inquisitiveness
Fashion	Growth	Insightfulness
Fearlessness	Happiness	Inspiration
Feelings	Hard Work	Integrity
Ferocity	Harmony	Intelligence
Fidelity	Health	Intensity
Financial Independence	Helpfulness	Intimacy
Fitness	Heroism	Introspection
Flexibility	Honesty	Intuitiveness
Fluency	Honor	Inventiveness
Focus	Hope	Investing
Foresight	Hospitality	Involvement
	Humility	Joy

VALUES:

Justice	Motivation	Pleasure
Keeness	Mysteriousness	Poise
Kindness	Nature	Polish
Knowledge	Neatness	Popularity
Lawful	Nerve	Potency
Leadership	Nonconformity	Power
Learning	Obedience	Practicality
Liberty	Open-mindedness	Precision
Liveliness	Openness	Preparedness
Logic	Optimism	Pride
Longevity	Order	Privacy
Love	Organization	Proactivity
Loyalty	Originality	Productivity
Making a difference	Partnership	Professionalism
Marriage	Patience	Prosperity
Mastery	Passion	Prudence
Maturity	Peace	Punctuality
Meaning	Perceptiveness	Purity
Meaningful Work	Perfection	Purpose
Meekness	Performance	Quality
Mellowness	Persuasiveness	Rationality
Meticulousness	Philanthropy	Reasonableness
Mindfulness	Piety	Recognition
Moderation	Playfulness	Recreation
Modesty	Pleasantness	Reflection

VALUES:

Relaxation	Sharing	Sustainability
Reliability	Significance	Synergy
Religion	Silence	Talent
Reputation	Silliness	Teamwork
Resolution	Simplicity	Temperance
Resourcefulness	Sincerity	Thankfulness
Respect	Skillfulness	Thoroughness
Responsibility	Smarts	Thrift
Results	Social Responsibility	Tidiness
Rest	Solidarity	Timeliness
Restraint	Solitude	Toughness
Rigor	Sophistication	Traditionalism
Risk	Soundness	Tranquility
Sacrifice	Speed	Transparency
Sanguinity	Spirit	Trustworthiness
Satisfaction	Spirituality	Truth
Security	Spontaneity	Understanding
Self-control	Spunk	Uniqueness
Selflessness	Stability	Unity
Self-reliance	Status	Utility
Self-respect	Stealth	Valor
Sensuality	Strength	Variety
Sensitivity	Structure	Victory
Serenity	Success	Vigor
Service	Support	Virtue

VALUES:

Vision

Vitality

Vivaciousness

Volunteering

Warm-heartedness

Wealth

Willingness

Winning

Wisdom

Wittiness

Wonder

Youthfulness

Zeal