## Values Exercise

Values are your heart's deepest desires for how you want to behave as a human being. Values are not about what you want to get or achieve; they are about how you want to behave or act on an ongoing basis.

There are literally hundreds of different values, but below you'll find a list of the most common ones. Probably, not all of them will be relevant to you. Keep in mind there are no such things as 'right values' or 'wrong values'. It's a bit like our taste in pizzas. If you prefer ham and pineapple but I prefer salami and olives, that doesn't mean that my taste in pizzas is right and yours is wrong. It just means we have different tastes. And similarly, we may have different values.

Read through the list below and indicate how important each value is to you, according to your palette. With a 1 being the most important and 5 being the least important. Try to score around 5-7 as your most important values. There are some blank lines at the end in case you have any values you would like to add to the list for consideration. Marking your personal importance levels of each value may require some deep thinking to prioritize the values. Once finished, you'll be left with the values that you find most important. These most important values define what you want to stand for as a human being. Remember this is according to your own palette, and unique to you and your values may even change over time.

3 4	5 Value Acceptance Adventure Assertiveness Authenticity Beauty Caring Challenge Compassion Connection Contribution Conformity Cooperation Courage Creativity Curiosity	Description  to be open to and accepting of myself, others, life etc  to be adventurous; to actively seek, create, or explore novel or stimulating experiences  to respectfully stand up for my rights and request what I want  to be authentic, genuine, real; to be true to myself  to appreciate, create, nurture or cultivate beauty in myself, others, the environment etc  to be caring towards myself, others, the environment etc  to keep challenging myself to grow, learn, improve  to act with kindness towards those who are suffering  to engage fully in whatever I am doing, and be fully present with others  to contribute, help, assist, or make a positive difference to myself or others  to be respectful and obedient of rules and obligations  to be cooperative and collaborative with others  to be courageous or base; to persist in the face of fear, threat, or difficulty
	Adventure Assertiveness Authenticity Beauty Caring Challenge Compassion Connection Contribution Conformity Cooperation Courage Creativity	to be adventurous; to actively seek, create, or explore novel or stimulating experiences to respectfully stand up for my rights and request what I want to be authentic, genuine, real; to be true to myself to appreciate, create, nurture or cultivate beauty in myself, others, the environment etc to be caring towards myself, others, the environment etc to keep challenging myself to grow, learn, improve to act with kindness towards those who are suffering to engage fully in whatever I am doing, and be fully present with others to contribute, help, assist, or make a positive difference to myself or others to be respectful and obedient of rules and obligations to be cooperative and collaborative with others
	Assertiveness Authenticity Beauty Caring Challenge Compassion Connection Contribution Conformity Cooperation Courage Creativity	to respectfully stand up for my rights and request what I want to be authentic, genuine, real; to be true to myself to appreciate, create, nurture or cultivate beauty in myself, others, the environment etc to be caring towards myself, others, the environment etc to keep challenging myself to grow, learn, improve to act with kindness towards those who are suffering to engage fully in whatever I am doing, and be fully present with others to contribute, help, assist, or make a positive difference to myself or others to be respectful and obedient of rules and obligations to be cooperative and collaborative with others to be courageous or brave; to persist in the face of fear, threat, or difficulty
	Authenticity Beauty Caring Challenge Compassion Connection Contribution Conformity Cooperation Courage Creativity	to be authentic, genuine, real; to be true to myself to appreciate, create, nurture or cultivate beauty in myself, others, the environment etc to be caring towards myself, others, the environment etc to keep challenging myself to grow, learn, improve to act with kindness towards those who are suffering to engage fully in whatever I am doing, and be fully present with others to contribute, help, assist, or make a positive difference to myself or others to be respectful and obedient of rules and obligations to be cooperative and collaborative with others to be courageous or brave; to persist in the face of fear, threat, or difficulty
	Beauty Caring Challenge Compassion Connection Contribution Conformity Cooperation Courage Creativity	to appreciate, create, nurture or cultivate beauty in myself, others, the environment etc to be caring towards myself, others, the environment etc to keep challenging myself to grow, learn, improve to act with kindness towards those who are suffering to engage fully in whatever I am doing, and be fully present with others to contribute, help, assist, or make a positive difference to myself or others to be respectful and obedient of rules and obligations to be cooperative and collaborative with others to be courageous or brave; to persist in the face of fear, threat, or difficulty
	Caring Challenge Compassion Connection Contribution Conformity Cooperation Courage Creativity	to be caring towards myself, others, the environment etc to keep challenging myself to grow, learn, improve to act with kindness towards those who are suffering to engage fully in whatever I am doing, and be fully present with others to contribute, help, assist, or make a positive difference to myself or others to be respectful and obedient of rules and obligations to be cooperative and collaborative with others to be courageous or brave; to persist in the face of fear, threat, or difficulty
	Challenge Compassion Connection Contribution Conformity Cooperation Courage Creativity	to keep challenging myself to grow, learn, improve to act with kindness towards those who are suffering to engage fully in whatever I am doing, and be fully present with others to contribute, help, assist, or make a positive difference to myself or others to be respectful and obedient of rules and obligations to be cooperative and collaborative with others to be courageous or brave; to persist in the face of fear, threat, or difficulty
	Compassion Connection Contribution Conformity Cooperation Courage Creativity	to act with kindness towards those who are suffering to engage fully in whatever I am doing, and be fully present with others to contribute, help, assist, or make a positive difference to myself or others to be respectful and obedient of rules and obligations to be cooperative and collaborative with others to be courageous or brave; to persist in the face of fear, threat, or difficulty
	Connection Contribution Conformity Cooperation Courage Creativity	to engage fully in whatever I am doing, and be fully present with others to contribute, help, assist, or make a positive difference to myself or others to be respectful and obedient of rules and obligations to be cooperative and collaborative with others to be courageous or brave; to persist in the face of fear, threat, or difficulty
	Contribution Conformity Cooperation Courage Creativity	to contribute, help, assist, or make a positive difference to myself or others to be respectful and obedient of rules and obligations to be cooperative and collaborative with others to be courageous or brave; to persist in the face of fear, threat, or difficulty
	Conformity Cooperation Courage Creativity	to be respectful and obedient of rules and obligations to be cooperative and collaborative with others to be courageous or brave; to persist in the face of fear, threat, or difficulty
	Cooperation Courage Creativity	to be cooperative and collaborative with others to be courageous or brave; to persist in the face of fear, threat, or difficulty
	Courage Creativity	to be courageous or brave; to persist in the face of fear, threat, or difficulty
	Creativity	
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	Curiosity	to be creative or innovative
		to be curious, open-minded and interested; to explore and discover
	Encouragement	to encourage and reward behaviour that I value in myself or others
	Equality	to treat others as equal to myself, and vice-versa
	Excitement	to seek, create and engage in activities that are exciting, stimulating or thrilling
	Fairness	to be fair to myself or others
	Fitness	to maintain or improve my fitness; to look after my physical and mental health and wellbeing
	Flexibility	
		to adjust and adapt readily to changing circumstances
		to live freely; to choose how I live and behave, or help others do likewise
		to be friendly, companionable, or agreeable towards others
		to be forgiving towards myself or others
	_	to be fun-loving; to seek, create, and engage in fun-filled activities
		to be generous, sharing and giving, to myself or others
		to be grateful for and appreciative of the positive aspects of myself, others and life
	Honesty	to be honest, truthful, and sincere with myself and others
	Humour	to see and appreciate the humorous side of life
	Humility	to be humble or modest; to let my achievements speak for themselves
	Industry	to be industrious, hard-working, dedicated
	Independence	to be self-supportive, and choose my own way of doing things
	Intimacy	to open up, reveal, and share myself emotionally or physically - in my close personal relationships
	Justice	to uphold justice and fairness
	Kindness	to be kind, compassionate, considerate, nurturing or caring towards myself or others
	Love	to act lovingly or affectionately towards myself or others
	Mindfulness	to be conscious of, open to, and curious about my here-and-now experience
	Order	to be orderly and organized
		to think things through, see things from other's points of view, and weigh evidence fairly.
	· ·	to wait calmly for what I want
		to continue resolutely, despite problems or difficulties.
		to create and give pleasure to myself or others
		to strongly influence or wield authority over others, taking charge, leading, organizing
		to build relationships in which there is a fair balance of giving and taking
		to be respectful towards myself or others; to be polite, considerate and show positive regard
		to be responsible and accountable for my actions
		to be romantic; to display and express love or strong affection
		to secure, protect, or ensure safety of myself or others
		to be aware of my own thoughts, feelings and actions
	Self-care	to look after my health and wellbeing, and get my needs met
	Self-development	to keep growing, advancing or improving in knowledge, skills, character, or life experience.
	Self-control	to act in accordance with my own ideals
	Sensuality	to create, explore and enjoy experiences that stimulate the five senses
	Sexuality	to explore or express my sexuality
	Spirituality	to connect with things bigger than myself
	Skillfulness	to continually practice and improve my skills, and apply myself fully when using them
	Supportiveness	to be supportive, helpful, encouraging, and available to myself or others
	Trust	to be trustworthy; to be loyal, faithful, sincere, and reliable
		Freedom Friendliness Forgiveness Fun Generosity Gratitude Honesty Humour Humility Industry Independence Intimacy Justice Kindness Love Mindfulness Order Open-mindedness Patience Persistence Pleasure Power Reciprocity Respect Responsibility Romance Safety Self-awareness Self-care Self-development Self-control Sensuality Spirituality Skillfulness