

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.

