



Values Elicitation

What do you Value?

Values represent who we are and what we need to have in life in order to feel fulfilled. Values can act like a guiding compass for us and are the principles and priorities that help us make decisions on a daily basis. It's one thing to say that we have certain values but often our behavior doesn't necessarily reflect those values. For example, if you truly value health, you will choose to be pro-active in preserving your health, eat healthily and take regular exercise. If financial security is a top value for you then you will choose to spend money wisely, have a regular saving plan and plan your financial future. If you value family strongly, you will choose to make time for family in your life. If growth is a top value for you, you will make decisions that encourage personal and professional development. How do you embody your values on a daily basis?

Our values are often influenced by our parents, schooling, partner, friends, work and even the media and it is sometimes difficult to ascertain what our own values truly are. Gaining clarity with our values can assist us in decision making, reducing unnecessary stress and also finding a good balance between potentially conflicting values such as work and family.

How to discover your own values

1. Look at the list of values on the next pages and mark those that are most important for you to live by. It is not necessary to analyze the meaning of the words – what it means to you is what matters. For example, family could mean children or your own family unit plus siblings and extended family. Feel free to add any values of your own to this list or express them using your own words.
2. Next select your top 10 values from those selected initially. If you were to honor these values on a regular and consistent basis, life would be good and fulfilling for you. Then narrow it down to your top 5.



3. Values can evolve over time so it is important to revisit this exercise once or twice a year or until you feel your values accurately reflect who you are.

Acceptance	Achievement	Advancement and Promotion
Adventure	Affection/loving/caring	Aliveness and vitality
Art	Authenticity	Autonomy
Balance	Beauty	Carefree
Careful	Change and variety	Children
Civic Duty	Close Relationships	Collaboration
Commitment	Community	Compassion
Competence	Competition	Connection
Cooperation	Country	Courage
Creativity	Culture	Decisiveness
Democracy	Dignity	Drive
Duty	Ecological Awareness	Economic Security
Education	Effectiveness	Efficiency
Elegance	Empowerment	Environment
Ethical Practice	Excellence	Excitement/zest
Experiences	Fairness	Fame to be known
Family	Fast pace	Financial Gain



Flexible work	Freedom	Friendship
Fulfilment	Fun	Generosity
Good times	Grace	Growth
Happiness	Harmony	Having Family
Health	Helping Others	Helping Society
Honesty	Humour	Independence
Intellectual Stimulation	Intimacy	Involvement
Job Tranquility	Joy	Justice
Kindness	Knowledge	Leadership
Learning	Location	Love
Loyalty	Making the world a better place	Management
Market Position	Marriage	Mastery
Meaningful work	Merit	Money/material status
Music	Nature	Nurture
Order and orderliness	Passion	Peace
Perseverance	Personal Development	Physical challenge
Pleasure	Power and authority	Privacy
Professionalism	Protecting	Public Service



Purity	Purpose	Quality of what I take part in
Recognition	Relationships	Relaxation
Religion	Reputation	Respect
Responsibility and accountability	Risk taking	Romance
Safety	Science	Security
Self reliance	Self respect	Sense of place
Sensuality	Service	Sharing in other people's happiness
Simplicity	Spirit	Spirituality
Success	Supervising Others	Time Freedom
Travel	Trust	Truth
Understanding	Uniqueness	Using my abilities
Vitality	Wealth	Wellbeing
Wisdom	Work with others	Working alone
