

VALUE YOUR VALUES EXERCISE



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Counselling and Psychotherapy

I want to offer you a simple yet efficient exercise to capture the core parts of yourself by identifying and understanding your values. Your values make up a big part in who you are, who you want to be and whether you are in alignment with the guide to which values can represent.

When we are more in tune with what our values are they can shed light and provide guidance in the choices we make in any situation. If you are anything like me, decision-making has been a difficult thing to navigate and can leave me feeling very lost, confused and stagnant, coming back to my values, I am able to back myself and allow them to steer me in the right direction.

An important thing to note is that values can and do change. Old values that may have been passed down or relational values that do not serve us any longer may chop and change throughout our lifetime. As you will read through this course, measuring worth externally can have a big impact on our lives and therefore values, past and present and it is important to be mindful of how we decide to measure, for example, success or achievement.

LIST OF VALUES



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Below is a list of values, make your way down the list and notice which values do NOT resonate or speak to you the LEAST. Out of the around 100 values that are listed, ideally, we want to get this list down to around 25. **Double click the value and backspace/delete those that do not resonate with you and this will strike a line through it.**

Abundance	Dedication	Kindness
Acceptance	Dependability	Knowledge
Accountability	Diversity	Leadership
Achievement	Empathy	Learning
Adventure	Encouragement	Love
Advocacy	Enthusiasm	Loyalty
Ambition	Ethics	Making a Difference
Appreciation	Excellence	Mindfulness
Attractiveness	Expressiveness	Motivation
Autonomy	Fairness	Optimism
Balance	Family	Open-Mindedness
Being the Best	Flexibility	Originality
Benevolence	Friendships	Passion
Boldness	Freedom	Performance
Brilliance	Fun	Personal Development
Calmness	Generosity	Peace

Caring	Grace	Perfection
Challenge	Growth	Playfulness
Charity	Happiness	Popularity
Cheerfulness	Health	Power
Cleverness	Honesty	Preparedness
Collaboration	Humility	Proactivity
Community	Humor	Proactive
Commitment	Inclusiveness	Professionalism
Compassion	Independence	Punctuality
Consistency	Individuality	Quality
Contribution	Innovation	Recognition
Cooperation	Inspiration	Relationships
Creativity	Intelligence	Reliability
Credibility	Intuition	Resilience
Curiosity	Joy	Self-awareness
Daring		Trust
Decisiveness		

Once you have 25 I want you to choose a further 5 that resonate the least or hold the least importance.

Then again a further 5...

Yep, you guessed it, a further 5...

One more time, discard another 5... It should be getting a bit harder now as you start to really think about which do not serve you in your life.

You now have your top 10, analyse and reflect on your 10 then cull 1 at a time with intention until you have 6 left.

TOP 6



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These are your top 6 most important values in your life. These values can work as a strong guide to navigating your way through life. In the space provided, create an empowered statement that allows it to be an actionable value. For example:

- Allow for Self-awareness
- Act with Mindfulness
- Embrace Compassion
- Live with Acceptance

These are your top 6 most important values in your life. These values can work as a strong guide to navigating your way through life. In the space provided, create an empowered statement that allows it to be an actionable value. For example:

- Allow for Self-awareness
- Act with Mindfulness
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It is important to store and place these where necessary as a grounding reminder of when you are most aligned with self. As a fun bonus exercise, I invite you to try and create an Acronym out of your 6 most valuable values. Then you can write that down and put it in your car flappy thing so when you flip it down you can always be reminded of your values. Mine is STAMCK, which I think sounds cool, so it pumps me up. Points for guessing my acronym!!

BUT WAIT THERE IS MORE



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You get a car, you get a car! Just kidding..... CUT 3 MOREEEEEEEEE. Get those values down to 3 to really see what truly holds the most importance in your life. Now some of these value exercises ask you to get down to 3, for me that has been way too difficult in the past. With the 3 you are left with, really own and acknowledge the importance that these values hold in your life.

With your top 3, write down why these values position themselves so highly on your list.

What has happened in your life that confirms why these stick with you?

What is an example that creates your alignment with these values, times when you are your happiest, proudest, or most fulfilled?

With your top 3, write down whether you stay true to your values when you experience the stressors and conflicts in your life.

Am I being true to my values when I experience situations that impact my worth?
What is a value I sometimes struggle with?

Am I settling even though my experiences move me out of what's most valuable to me?
