

# Checklist for Personal Values

**Are you living with authenticity and integrity? How closely does your life align with your values? Do you live according to what you believe in?**

Your values are important in the way that you live your life. They determine what matters to you and they are probably a measure that you use to work out whether life is working well for you or not.

When the things that you do and the way that you behave matches with your values you would probably feel like life is pretty good. But when your values don't align with your life right now, that's when things feel stuck and you're not content.

When you have identified what your values are you can use them to make decisions about how to live your life, and also how to create the life that you desire! You can ask yourself questions like:

- Does the work I do support my values?
- How can I bring more of this value into my life?
- How can I achieve this value?

## *How do you apply your values in practice?*

Once you have the right values, you just weigh up every decision and choice by them!

## *Aspirational Values*

It's OK to now set aspirational values if there is something you'd like to develop more. For example, if you would like to be more adventurous but you know this isn't your strength at the moment, you can set that as a mindful goal and challenge yourself to create more adventure in your life.



# Checklist for Personal Values

This exercise is designed to help you get crystal clear about your most value in life and what is most important to you.

## Step 1

From the list of values below, select the 10 that are most important to you right now - feel free to add any of your own to this list by the way. Make sure these values are actually yours, and not someone else's values or expectations of you. Make sure they're not aspirational at this stage. They must be true to the *now*.

- |                           |  |                                 |
|---------------------------|--|---------------------------------|
| Achievement               | Friendships                                    | Physical challenge              |
| Advancement & Promotion   | Growth   | Pleasure                        |
| Adventure                 | Having a family                                | Power & Authority               |
| Affection (love & caring) | Helping other people                           | Privacy                         |
| Arts                      | Helping society                                | Public service                  |
| Challenging problems      | Honesty  | Purity                          |
| Change & variety          | Independence                                   | Quality of what I take part in  |
| Close relationships       | Influencing others                             | Quality relationships           |
| Community                 | Inner harmony                                  | Recognition                     |
| Competence                | Integrity                                      | Respect from others             |
| Competition               | Intellectual status                            | Religion                        |
| Cooperation               | Involvement                                    | Reputation                      |
| Country                   | Job tranquility                                | Responsibility & Accountability |
| Creativity                | Knowledge                                      | Spirituality                    |
| Decisiveness              | Leadership                                     | Security                        |
| Democracy                 | Location                                       | Self respect                    |
| Ecological Awareness      | Loyalty  | Serenity                        |
| Economic Security         | Market position                                | Sophistication                  |
| Effectiveness             | Meaningful work                                | Stability                       |
| Efficiency                | Merit  | Status                          |
| Ethical practice          | Money  | Supervising others              |
| Excellence                | Nature   | Time freedom                    |
| Fame                      | Being around people who<br>are open and honest | Truth                           |
| Fast living               | Order (tranquility,<br>stability, conformity)  | Wealth                          |
| Financial gain            | Personal development                           | Wisdom                          |
|                           | Freedom  | Work under pressure             |
|                           |  | Work with others                |
|                           |  | Working alone                   |

## Step 2

Elimination...Now that you have identified ten, imagine that you are only permitted to have five values. Which 5 would you give up? Cross them off.

## Step 3

Elimination...Now imagine that you are only permitted four. Which one would you give up? Cross it off. Now cross off another to bring it down to three. And another to bring your list down to two.

## Step 4

Check the list. Do these values feel right? Are you proud of them? Do they make you feel good about yourself? Would you tell others what they are? Are they definitely your values and not someone else's?!