My Core Values: Activity

## Why might this be useful?

Our values are the things that we believe are important in the way we live and work. When the things we do and the way we behave match our core values, life is usually good. We feel satisfied and content.

This exercise can help you to get clear on your own personal values and live your life more in line (aligned) with them.

## What to do?

From the table of values below, select the ones that you most associate with. The ones that you find most meaningful. Make your own list.

Review your list and see if you can narrow it down to under 10 (six is the optimum number).

Once your list is under 10 take a good look….this is YOUR list….are you happy with it?

Now take each one in turn, asking yourself “To what extent am I currently living my life in line with this?”. Create your own rating scale and apply a rating to each based on asking yourself this question (*0-10, where 0 = not at all and 10 = all the time*).

Reflect further, asking yourself for each one “what might I do to increase my scores and live life more in line with this value?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Achievement | Advancement | Challenge | Change | Community |
| Competence | Competition | Cooperation | Creativity | Decisiveness |
| Helping Others | Honesty | Independence | Influencing others | Inner harmony |
| Integrity | Involvement | Job satisfaction | Knowledge | Leadership |
| Quality | Recognition | Religion | Reputation | Responsibility |
| Security | Self-respect | Sophistication | Stability | Status |
| Democracy | Loyalty | Supervising others | Effectiveness | Meaningful work |
| Wealth | Efficiency | Nature | Wisdom | Excellence |
| Personal development | Working under pressure | Excitement | Freedom | Working with others |
| Friendships | Power and authority | Working alone | Timeliness | Privacy |

|  |  |  |
| --- | --- | --- |
| **My values…** | **To what extent am I currently living this value? (*0-10, where 0 = not at all and 10 = all the time*).** | **My ideas on living this value more…** |
| 1. |  |  |
| 2. |  |  |
| 3. |  |  |
| 4. |  |  |
| 5. |  |  |
| 6. |  |  |
| 7. |  |  |
| 8. |  |  |
| 9. |  |  |
| 10. |  |  |
| 11. |  |  |

End