



Identifying Your Values

Do you know what your core values are? Maybe you haven't really thought about it before, but it is worth taking the time to think about what we value. Values are the things you believe are the most important to you in the way you live, work, play and spend your time. They are your 'heart's deepest desires for how you want to behave as a human being'.¹

While you may not have thought consciously about it before, your values will emerge in everyday life, when you make hard choices, when you pursue your interests and when life's experiences bring you pleasure, pain or meaning. Values can be different for different people. A good way to recognise your values is to notice when you feel joy, or fulfilment or pleasure and think about what generated those feelings.

If we are connected to and act in alignment with our values it is likely that our lives will feel more meaningful, rich and fulfilled. It is also the case that acting in alignment with our values may allow us to endure more and feel more resilient in the face of lifes challenges.

This exercise sheet is one way to help identify and connect to your values. Attached to this sheet are a series of value cards. Go through the cards, read each one, take a second to think and then place each card on one of squares below. As part of this task, you are not allowed more than 10 cards in the 'very important to me' pile.

Once you have gone through all the cards, if you feel there are some words/values that are missing, feel free to create your own and add them.

Going from 10 to 4

Your next task is to look through the 'very important to me' pile and cull that down to your top four. This does not mean that the remaining six are not still very important. The intent is to identify your top four. To get to four, ask yourself these questions:

- 1. What value really underpins who I am as a person?
- 2. What value is fundamental to me living my best life?
- 3. What value surfaces for me when I have to make the really hard decisions? Or What value do I rely on to get me through the tough times

The next step will be to start looking at how you can live these values in your day-to-day life. For that you can try the exercise worksheet called 'Operationalising Your Values'.

∕ly top fo	ur valu	es are:		

Very Important To Me

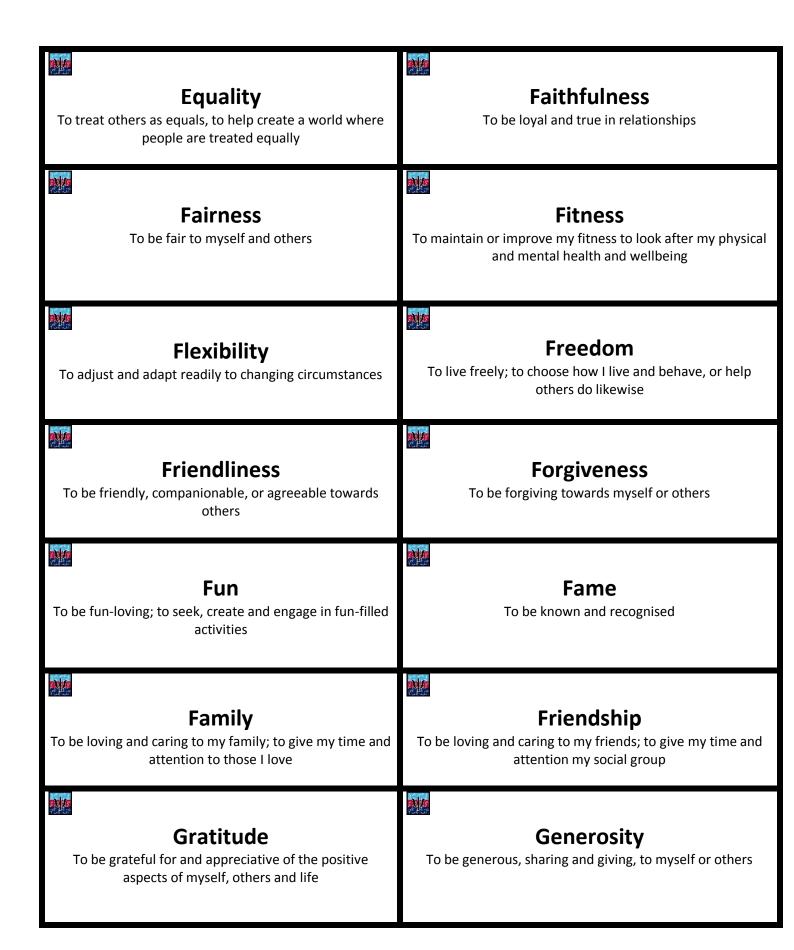
Quite Important To Me

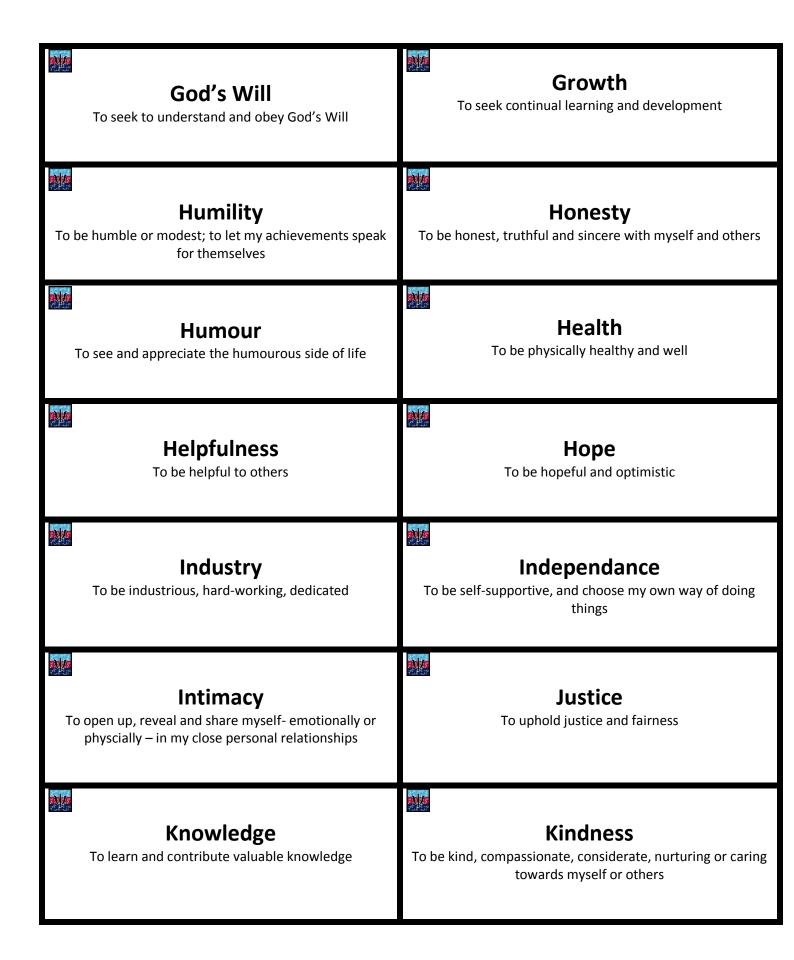
Not So Important To Me

¹ Russ Harris (2008), The Happiness Trap: How to stop struggling and start living: A guide to ACT

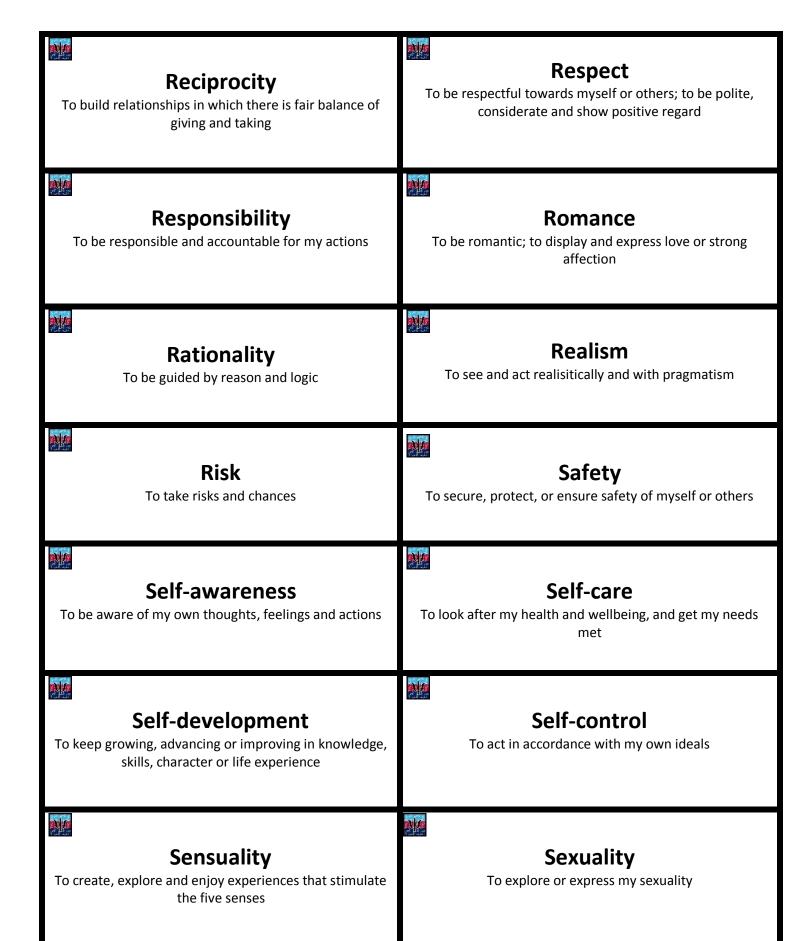
Acceptance To be open to and accepting of myself and others	Accuracy To be accurate in my opinions and beliefs			
Achievement To have important accomplishments	Adventure To have new and exciting experiences			
Attractiveness To be physically attractive	Assertiveness To respectfully stand up for my rights and request what I want			
Autonomy To be self-determined and independent	Authority To be in charge of and responsible for others			
Authenticity To be authentic, genuine, real: to be true to myself	Beauty To appreciate beauty around me			
Caring To be caring towards myself, others, the environment	Challenge To take on difficult tasks and problems			
Change To have a life full of change and variety	Comfort To have a pleasant and comfortable life			

Compassion To act with kindess towards those who are suffering	Connection To engage fully in whatever I am doing, and be fully present with others
Contribution To contribute, help, assist, or make a positive difference to myself, or others or the world	Conformity To be respectful and obedient of rules and obligations
Courage To be courageous or brave, to persist in the face of fear, threat or adversity	Creativity To be creative or innovative
Curiosity To be curious, open-minded and interested: to explore and discover	Cooperation To be cooperative and collaborative with others
Courtesy To be considerate and polite towards others	Dependability To be reliable and trustworthy
Duty To cary out my duties and obligations	Ecology To live in harmony with the environment
Excitement To have a life full of thrills and stimulation	Encouragement To encourage people to achieve





Love To act lovingly or affectionately towards myself or others	Leisure To take time to relax and enjoy
Mindfulness To be conscious of, open to and curious about my here and now experience	Mastery To be competent in my everyday activities
Non-conformity To question and challenge authority and norms	Nurturance To take care of and nurture others
Order To be orderly and organised	Open-Mindedness To think things through, see things from other's points of view, and weigh evidence fairly
Patience To wait calmly for what I want	Persistence To continue resolutely, despite problems or difficulties
Pleasure To create and give pleasure to myself or others	Power To strongly influence or wield authority over others, e.g. taking charge, leading, organizing
Popularity To be liked by many people	Purpose To have meaning and purpose in my life



Spirituality To connect with things bigger than myself	Skilfulness To continually practice and improve my skills, and apply myself fully when using them			
Supportiveness To be supportive, helpful, encouraging and available to myself or others	Simplicity To live life simply with minimal needs			
Solitude To have time and space where I can be apart from others	Stability To have a life that stays fairly consistent			
Tolerance To accept and respect those who differ from me	Tradition To follow respected patterns of the past			
Trust To be trustworthy, to be loyal, faithful, sincere, and reliable	Virtue To live a morally pure and excellent life			
Wealth To have plenty of money	World Peace To promote peace in the world			
My Value:	My Value:			
My Value:	My Value			