

Values Exercise for Individuals Who Want to Lead Their Life

What are your personal values? Your values are the things that you believe are important and lead to you live and work the way you do. They (should) determine your priorities, behaviours and basis for making decisions. Deep down, they allow you to measure your choices.

When the things that you do and the way you behave match your values, life is usually good – you're satisfied and content. But when these don't align with your values, that's when things feel...wrong. This can be a real source of unhappiness.

This is why making a conscious effort to identify your values is so important. As a leader of your life, understanding your values and living by them allows you to live a more happy and abundant life. It allows you to develop relationships in your life based on trust, integrity and respect.

This self-reflection exercise will enable you to think about and define your personal values¹.

Step 1: Uncovering What is Most Important

1. How do you fill your personal space? Take a look at your office, car, home, and wherever you spend time. What have you filled your places with? The things that mean the most to us we have out on display in our personal space.
 - a. _____
 - b. _____
 - c. _____

2. How do you spend your time? Take a look at how you allocate your waking hours. What claims most of your day?
 - a. _____
 - b. _____
 - c. _____

3. What energizes you? What actions or activities do you seem to have plenty of energy for? What activities inspire you or invigorate you?
 - a. _____
 - b. _____
 - c. _____

¹ From Dr Demartini's values determination process



4. How do you spend your money? Does most of your spending happen in the realm of business, home or community or something else?

- a. _____
- b. _____
- c. _____

5. Where do you have the most order and organization? Where you have order and organization in your life you place high value on it, and where you have chaos and disorder you place low value on it.

- a. _____
- b. _____
- c. _____

6. Where are you most reliable, disciplined and focused? You can easily focus on that which you truly care about. Where are you consistently “on task”?

- a. _____
- b. _____
- c. _____

7. What do you think about, and what is your most dominant thought? What are you constantly mulling over, considering and trying to understand at a deeper level?

- a. _____
- b. _____
- c. _____

8. What do you visualize? What have you been visualizing and actually see come to fruition?

- a. _____
- b. _____
- c. _____



9. What do you talk to yourself about? What conversation do you have with yourself the most?

- a. _____
- b. _____
- c. _____

10. What do you talk about in social settings? When you meet someone new, what do you find yourself chatting most about? When you are with friends, what topics do you most often discuss?

- a. _____
- b. _____
- c. _____

11. What do you respond to? What do you pay attention to? What makes you smile? What makes you lean in to hear more about? What makes you shut down and become disconnected?

- a. _____
- b. _____
- c. _____

12. What are your goals? What are the things you would most love to be, do or have in your life? What goals are you currently moving forward on?

- a. _____
- b. _____
- c. _____

13. What do you love to learn and read about most? What are the three most common topics you love learning or reading about? What three topics can you stay focused on and love learning about without distraction?

- a. _____
- b. _____
- c. _____



Step Two: Identify the Answers That Repeat Most Often

Once you've written down three answers for each of the 13 questions, you'll see that there is a certain amount of repetition – perhaps even a lot! You may be expressing the same kinds of value in different ways – for example, “doing exercise” “being healthy” “exploring in nature”. Review your answers and start to highlight patterns that emerge.

From these patterns, start to identify your values. Determine your top values, based on your experiences of happiness, pride, and fulfillment. I have provided a list of values at the end of this document that will help you. You can choose from this list, or identify your own words for your values. You may find it easier to start with identifying a number of values first, then slowly eliminate ones that aren't as important as others.

Finally, identify your top 5 values, your definition of each value and why it is important to you. Once you have these values identified share them with family and friends and use them to guide your decisions and actions to lead the life you want.

Core Value 1: _____

Definition and why it is important to me:

Core Value 2: _____

Definition and why it is important to me:

Core Value 3: _____

Definition and why it is important to me:

Core Value 4: _____

Definition and why it is important to me:

Core Value 5: _____

Definition and why it is important to me:

List of Values

Ability	Abundance	Acceptance
Accomplishment	Achievement	Adaptability
Adventure	Affection	Affluence
Alertness	Ambition	Anticipation
Appreciation	Approachability	Artfulness
Assertiveness	Assurance	Attentiveness
Audacity	Availability	Awareness
Awe	Balance	Beauty
Being-ness	Belongingness	Benevolence
Blissfulness	Boldness	Bravery
Brilliance	Briskness	Buoyancy
Calmness	Camaraderie	Candor
Capability	Care	Carefulness
Certainty	Challenge	Charity
Charm	Chastity	Cheerfulness
Clarity	Classy	Cleanliness
Cleverness	Closeness	Cognizance
Comfort	Commitment	Compassion
Competence	Complacency	Completion
Composure	Concentration	Confidence
Conformity	Congruency	Connection
Consciousness	Consistency	Contentment
Continuity	Contribution	Control
Conviction	Conviviality	Coolness
Cooperation	Copiousness	Cordiality
Correctness	Courage	Courtesy
Craftiness	Creativity	Credibility
Cunning	Curiosity	Daring
Decisiveness	Decorum	Deepness

Deference	Delicacy	Delight
Dependability	Depth	Desire
Determination	Devotion	Devoutness
Dexterity	Dignity	Diligence
Diplomacy	Direction	Directness
Discernment	Discretion	Discipline
Discovery	Discretion	Diversity
Dreaming	Drive	Duty
Dynamism	Eagerness	Economy
Ecstasy	Education	Effectiveness
Efficiency	Elation	Elegance
Empathy	Encouragement	Endurance
Energy	Enjoyment	Enlightenment
Entertainment	Enthusiasm	Exactness
Excellence	Excitement	Exhilaration
Expectancy	Expediency	Experience
Expertise	Exploration	Expressiveness
Extravagance	Extroversion	Exuberance
Evolution	Facilitating	Fairness
Faith	Fame	Fascination
Fashion	Fearlessness	Fidelity
Fineness	Finesse	Firmness
Fitness	Flexibility	Flow
Fluency	Fluidity	Focus
Fortitude	Frankness	Freedom
Friendliness	Frugality	Fun
Gallantry	Generosity	Gentility
Genuineness	Giving	Grace
Gratefulness	Gratitude	Gregariousness
Growth	Guidance	Happiness

Harmony	Health	Heart
Helpfulness	Heroism	Holiness
Honesty	Honor	Hopefulness
Hospitality	Humility	Humor
Hygiene	Imagination	Impact
Impartiality	Impeccability	Independence
Industry	Ingenuity	Inquisitiveness
Insightfulness	Inspiration	Instinctiveness
Integrity	Intelligence	Intensity
Intimacy	Intrepidity	Introversion
Intuition	Intuitiveness	Inventiveness
Joy	Judiciousness	Justice
Keeness	Kindness	Knowledgeableness
Lavishness	Leadership	Learning
Liberation	Liberty	Liveliness
Logic	Longevity	Love
Loyalty	Majesty	Mastery
Maturity	Meekness	Mellowness
Meticulousness	Mindfulness	Moderation
Modesty	Motivation	Mysteriousness
Neatness	Nerve	Obedience
Open-mindedness	Openness	Optimism
Opulence	Order	Organization
Originality	Outlandishness	Outrageousness
Passion	Peacefulness	Perceptiveness
Perfection	Perseverance	Persistence
Persuasiveness	Philanthropy	Piety
Playfulness	Pleasantness	Pleasure
Plentiful-ness	Poise	Polish
Popularity	Potency	Practicality

Pragmatism	Precision	Preeminence
Preparedness	Presence	Privacy
Proactivity	Proficiency	Professionalism
Prosperity	Prudence	Punctuality
Purity	Qualification	Quietness
Quickness	Realism	Readiness
Reason	Recognition	Recreation
Refinement	Reflection	Relaxation
Reliability	Resilience	Resolution
Resolve	Resourcefulness	Respect
Restfulness	Restraint	Reverence
Richness	Rigor	Sacredness
Sacrifice	Sagacity	Saintliness
Sanguinity	Satisfaction	Security
Self-control	Selflessness	Self-realization
Self-reliance	Sensitivity	Sensuality
Serenity	Service	Sexuality
Sharing	Shrewdness	Significance
Silence	Silliness	Simplicity
Sincerity	Skillfulness	Smartness
Sophistication	Solidarity	Solidity
Solitude	Soundness	Speed
Spirit	Spirituality	Spontaneity
Stability	Stillness	Strength
Structure	Substantiality	Success
Sufficiency	Support	Supremacy
Surprise	Superb	Supremacy
Sympathy	Synergy	Tactfulness
Teamwork	Temperance	Thankfulness
Thoroughness	Thoughtfulness	Thrift



Timeliness	Traditionalism	Tranquility
Transcendence	Trust	Trustworthiness
Truth	Understanding	Uniqueness
Unity	Usefulness	Utility
Valor	Variety	Victory
Vigor	Virtue	Vision
Vitality	Vivacity	Warmth
Watchfulness	Wealth	Wholesomeness
Willingness	Winning	Wisdom
Wittiness	Wonder	Worthiness