
Workbook

Uncover your

Personal values



Personal values

Values can be defined as the beliefs and ways of being that you hold the most important. These values act as guiding principles that influence your attitude, choices, and behaviors.

Personal values are deeply rooted and can vary greatly from person to person. This work will help you to lean into your values and live by them, not just know them.

Identifying and aligning with your personal values can provide you with a sense of direction, meaning, and fulfillment in your personal and professional life. They support you in living in integrity with yourself, making decisions, letting things go and find your motivation and drive.

Personal values serve as a personal compass in challenging situations. When you are unaware of your values, you may end up acting against them without realizing it. This can result in stress and burnout. Identify your personal values by following the guidance below.

1. Identify the 10 most important values in your life.

Use the list on the next page as inspiration. Write down your choices here.





List of values

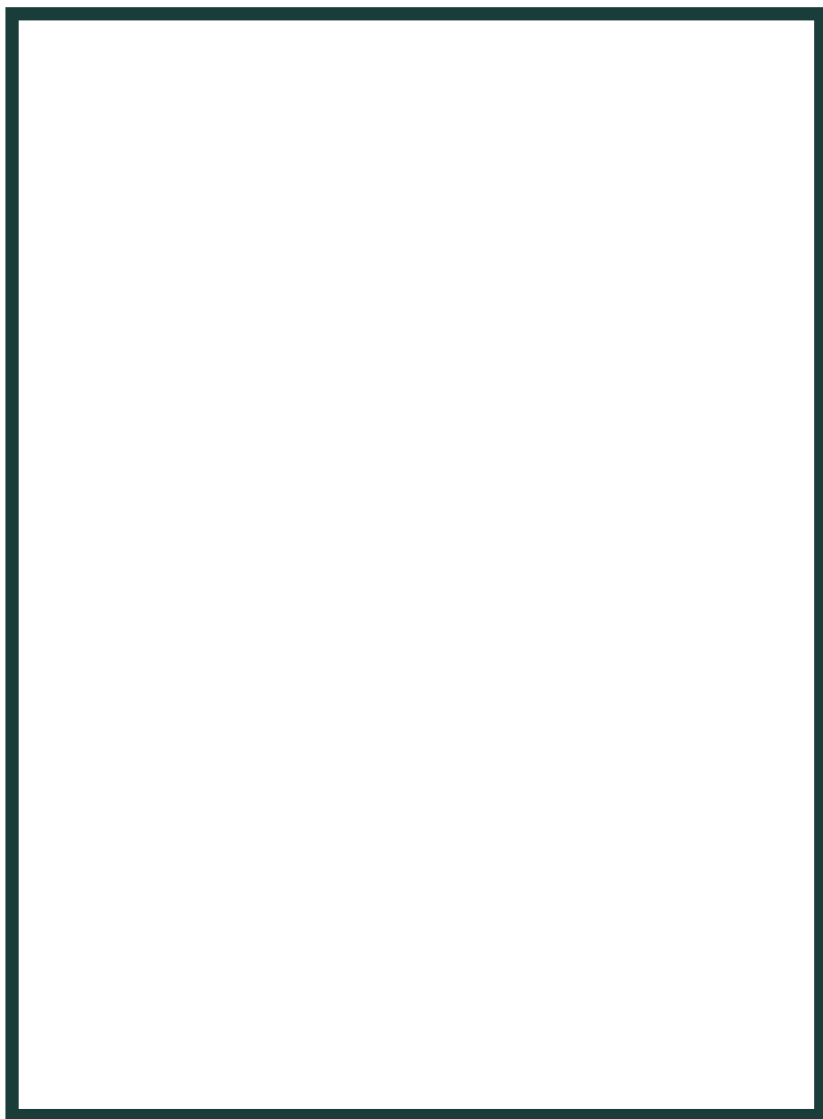
Ambition
Recognition
Accountability
Authenticity
Balance
Contribution
Efficiency
Elegance
Unique
Simplicity
Enthusiasm
Ethics
Fairy tale
Family
Flexibility
Connection to others
Obligation
Understanding
Expectation
Parenthood
Peace
Freedom
Spare time
Community
Sensitivity
Generosity
Joy
Make a difference
Wholeheartedness
Home
Humor
Belong to
Hope
Initiative
Inclusion
Integrity

Job security
Career
Competence
Creativity
Love
Leadership
Play
Equality
Loyalty
Learning
Power
Diversity
Compassion
Opinion
Environment
Courage
Nature
Curiosity
Usefulness
Mercy
Caring
Order
Surplus
Patriotism
Perfection
Personal realization
Performance
Reliability
Travel
Respect
Justice
Wealth
Risk-averse
Cooperation
Truth
Self-discipline
Self confidence
Self-expression
Self-realization
Service
Security

Simplicity
Inspiration
Peace of mind
Fun
Beauty
Self respect
Thrift
Spirituality
Spontaneity
Sportsmanship
Pride
Success
Health
Vulnerability
Gratitude
Team work
Time
Satisfaction
Forgiveness
Confidence
Adaptability
Tradition
Believe
Patience
Independence
Endurance
Excel
Well being
Kindness
Friendship
Knowledge
Willingness
Wisdom
Vision
Growth
Dignity
Be the best
Humility
Honesty
Financial stability
Openness

2. Reduce the 10 values to your two core values.

If this is difficult, you can group some of them or consider if some of your values are indirectly covered by some of the others.

A large, empty rectangular box with a dark green border, intended for writing down the two core values.

Now you have a list of your personal values. Well done.

Value #1

The hardest part about knowing your values is to live them. Below are some questions to help you think through how each of your values are expressed in your daily life.

Value #1:

What are three behaviors that support this value.

What are three behaviors that are outside this value?

What's an example of a time where you were fully living into this value?

Value #2

Value #2:

What are three behaviors that support this value.

What are three behaviors that are outside this value?

What's an example of a time where you were fully living into this value?

Value #3

Value #3:

What are three behaviors that support this value.

What are three behaviors that are outside this value?

What's an example of a time where you were fully living into this value?