

# VALUES EXPLORATION TOOL

Values are principles, standards or qualities that an individual or group of people hold in high regard. Values guide the way people live their lives and make their decisions. Values are not about what you want to achieve, they are about how you want to behave or act in your everyday life.

Everyone has different values, and these are shaped by family, friends, culture, upbringing, history, significant life events, and other factors. Understanding your values is an integral component of ethical-decision making and plays a role in dictating what you prioritise. When we use our values to make decisions, we make a deliberate choice to focus on what is important to us. When values are shared, they build internal cohesion in a group.

Exploring your values helps you understand what is important to you, and what principles or beliefs guide your behaviour. The below list includes some of the most common values but is not exhaustive. To determine what your core values are, go through the list and mark the values with the following based on their importance to you:

**V = very important**

**S = somewhat important**

**N = not important**

Once you have marked all the values, take those marked with a 'V' and select the ten that are most important to you. You may also choose to order your top ten values based on importance/significance.

## Common Values:

1. Acceptance: to be open to and accepting of myself, others, life etc
2. Adventure: to be adventurous; to actively seek, create, or explore stimulating experiences
3. Assertiveness: to respectfully stand up for my rights and request what I want
4. Authenticity: to be authentic, genuine, real; to be true to myself
5. Caring: to be caring towards myself, others, the environment etc
6. Challenge: to keep challenging myself to grow, learn, improve
7. Compassion: to act with kindness towards those who are suffering
8. Connection: to engage fully in whatever I am doing, and be fully present with others
9. Contribution: to contribute, help, assist, or make a positive difference to myself or others
10. Cooperation: to be cooperative and collaborative with others
11. Courage: to be courageous or brave; to persist in the face of fear, threat, or difficulty
12. Creativity: to be creative or innovative
13. Curiosity: to be curious, open-minded and interested; to explore and discover
14. Encouragement: to encourage and reward behaviour that I value in myself or others
15. Equality: to treat others as equal to myself, and vice-versa
16. Excitement: to seek, create and engage in activities that are exciting, stimulating or thrilling
17. Fairness: to be fair to myself or others
18. Flexibility: to adjust and adapt readily to changing circumstances
19. Freedom: to live freely; to choose how I live and behave, or help others do likewise

- 20.** Friendliness: to be friendly, companionable, or agreeable towards others
- 21.** Forgiveness: to be forgiving towards myself or others
- 22.** Fun: to be fun-loving; to seek, create, and engage in fun-filled activities
- 23.** Generosity: to be generous, sharing and giving, to myself or others
- 24.** Gratitude: to be grateful for and appreciative of the positive aspects of myself, others and life
- 25.** Health: to maintain or improve my fitness; to look after my physical and mental health and wellbeing
- 26.** Honesty: to be honest, truthful, and sincere with myself and others
- 27.** Humour: to see and appreciate the humorous side of life
- 28.** Humility: to be humble or modest; to let my achievements speak for themselves
- 29.** Independence: to be self-supportive, and choose my own way of doing things
- 30.** Justice: to uphold justice and fairness
- 31.** Kindness: to be kind, compassionate, considerate, nurturing or caring towards myself or others
- 32.** Love: to act lovingly or affectionately towards myself or others
- 33.** Mindfulness: to be conscious of, open to, and curious about my here-and-now experience
- 34.** Order: to be orderly and organized
- 35.** Open-mindedness: to think things through, see things from other's points of view, and weigh evidence fairly.
- 36.** Patience: to wait calmly for what I want
- 37.** Persistence: to continue resolutely, despite problems or difficulties.
- 38.** Power: to strongly influence or wield authority over others, e.g. taking charge, leading, organising
- 39.** Reciprocity: to build relationships in which there is a fair balance of giving and taking
- 40.** Respect: to be respectful towards myself or others; to be polite, considerate and show unconditional positive regard
- 41.** Responsibility: to be responsible and accountable for my actions
- 42.** Safety: to secure, protect, or ensure safety of myself or others
- 43.** Self-awareness: to be aware of my own thoughts, feelings and actions
- 44.** Self-care: to look after my health and wellbeing, and get my needs met
- 45.** Self-development: to keep growing, advancing or improving in knowledge, skills, character, or life experience.
- 46.** Self-control: to act in accordance with my own ideals
- 47.** Spirituality: to connect with things bigger than myself
- 48.** Skilfulness: to continually practice and improve my skills, and apply myself fully when using them
- 49.** Supportiveness: to be supportive, helpful, encouraging, and available to myself or others
- 50.** Trust: to be trustworthy; to be loyal, faithful, sincere, and reliable

**My Top Ten Values:**

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2.

3.

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