



IDENTIFYING VALUES

Our values reflect what we find meaningful in life. They are what you care about, deep down, and what you consider to be important. Everybody's values are different, and they can change over time. They reflect how we want to engage with the world, with the people around us, and with ourselves.

Values are different from goals as goals can be achieved whereas values are more like directions that we want to head in. For example, we might have the value of being a good Mum or Dad and this may require a lifetime's effort. The specific achievable goal would be getting our children to school on time. We may also value our physical health and if this is the case a goal to achieve this may be exercising each day for half an hour.



Understanding your personal values helps you live an authentic, happy life!

THE DOMAINS IN THIS GRID ARE SOME COMMON EXAMPLES OF VALUES. THERE MIGHT BE VALUES YOU THINK ARE IMPORTANT, AND OTHERS THAT DON'T MATTER SO MUCH TO YOU. THERE ARE NO 'RIGHT' ANSWERS.			Health / Physical wellbeing
Family	Parenting	Career / Employment	
Marriage / Couple / Intimacy	Friendships / Social life	Spirituality	
Recreation / Fun / Leisure	Citizenship / Environment / Community	Education / Personal growth & development	

LET'S LOOK AT HOW YOU CAN IDENTIFY YOUR VALUES ...



Step 1: Identify the times when you were happiest.

Find examples from both your career and personal life. This will ensure some balance in your answers.

What were you doing?

Were you with other people? Who?

What other factors contributed to your happiness?

Step 2: Identify the times when you were most proud.

Use examples from your career and personal life.

Why were you proud?

Did other people share your pride? Who?

What other factors contributed to your feelings of pride?

Step 3: Identify the times when you were most fulfilled and satisfied.

Again, use both work and personal examples.

What need or desire was fulfilled?

How and why did the experience give your life meaning?



What other factors contributed to your feelings of fulfilment?

Step 4: Determine your top values, based on your experiences of happiness, pride, and fulfilment.

Why is each experience profoundly important and memorable?

You can use the list at the end of this document to see examples of common personal values to help you get started – and aim for about 10 top values. (As you work through, you may find that some of these naturally combine. For instance, if you value community, and generosity, you might say that service to others is one of your top values.)

Step 5: Prioritise your top values.

This step is probably the most difficult because you'll have to look deep inside yourself. It's also the most important step, because, when deciding, you'll have to choose between solutions that may satisfy different values. This is when you must know which value is more important to you.

Write down your top values, not in any particular order.

Look at the first two values and ask yourself, "If I could satisfy only one of these, which would I choose?" It might help to visualise a situation in which you would have to make that choice. For example, if you compare the values of service and stability, imagine that you must decide whether to sell your house and move to another country to do valuable foreign aid work, or keep your house and volunteer to do charity work closer to home.

Keep working through the list, by comparing each value with each other value, until your list is in the correct order.



Step 6: Reaffirm your values.

Check your top-priority values, and make sure that they fit with your life and your vision for yourself.

Do these values make you feel good about yourself?

Are you proud of your top three values?

Would you be comfortable and proud to tell your values to people you respect and admire?

Do these values represent things you would support, even if your choice isn't popular, and it puts you in the minority?

When you consider your values in decision making, you can be sure to keep your sense of integrity and what you know is right, and approach decisions with confidence and clarity. You'll also know that what you're doing is best for your current and future happiness and satisfaction.

Making value-based choices may not always be easy. However, making a choice that you know is right is a lot less difficult in the long run.



Accomplishment	Excellence	Perfection
Accuracy	Excitement	Piety
Achievement	Expertise	Positivity
Adventurousness	Exploration	Practicality
Altruism	Expressiveness	Preparedness
Ambition	Fairness	Professionalism
Assertiveness	Faith	Prudence
Balance	Family-orientedness	Quality-orientation
Being the best	Fidelity	Reliability
Belonging	Fitness	Resourcefulness
Boldness	Fluency	Restraint
Calmness	Focus	Results-oriented
Carefulness	Freedom	Rigor
Challenge	Fun	Security
Cheerfulness	Generosity	Self-actualization
Clear-mindedness	Goodness	Self-control
Commitment	Grace	Selflessness
Community	Growth	Self-reliance
Compassion	Happiness	Sensitivity
Competitiveness	Hard Work	Serenity
Consistency	Health	Service
Contentment	Helping Society	Shrewdness
Continuous Improvement	Holiness	Simplicity
Contribution	Honesty	Soundness
Control	Honor	Speed
Cooperation	Humility	Spontaneity
Correctness	Independence	Stability
Courtesy	Ingenuity	Strategic
Creativity	Inner Harmony	Strength
Curiosity	Inquisitiveness	Structure
Decisiveness	Insightfulness	Success
Democraticness	Intelligence	Support
Dependability	Intellectual Status	Teamwork
Determination	Intuition	Temperance
Devoutness	Joy	Thankfulness
Diligence	Justice	Thoroughness
Discipline	Leadership	Thoughtfulness
Discretion	Legacy	Timeliness
Diversity	Love	Tolerance
Dynamism	Loyalty	Traditionalism
Economy	Making a difference	Trustworthiness
Effectiveness	Mastery	Truth-seeking
Efficiency	Merit	Understanding
Elegance	Obedience	Uniqueness
Empathy	Openness	Unity
Enjoyment	Order	Usefulness
Enthusiasm	Originality	Vision
Equality	Patriotism	Vitality