

What Are My Values Exercise



“Values are basic and fundamental beliefs that guide or motivate attitudes or actions. They help us to determine what is important to us. Values describe the personal qualities we choose to embody to guide our actions; the sort of person we want to be; the manner in which we treat ourselves and others, and our interaction with the world around us. They provide the general guidelines for conduct.”

Steven Mintz

Step ONE: Without much thought, quickly circle every value that you think describes you:

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

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Step TWO: Shorten your list to your top 5 values. Order the 5 values, with number 1 being the most important and most connected to you. My top 5 values are, in order:

1. _____
2. _____
3. _____
4. _____
5. _____

Questions:

What thoughts or emotions come to mind if all of the above values were not fully being met in your life?

What thoughts or emotions come to mind if every one of your top five values were being met in your life?

Exercise created by Danny Allen for Journey to Self-Discovery, 2020.

Explore the full values exercise and learn more about self-awareness in our [Journey to Self-Discovery class](#).