

Defining Your Values

Values are the guiding principals that we can use to navigate our lives and live in harmony with ourselves. Everyone has values, but most people are largely unaware of them. Becoming aware of your values can help provide a compass that you can use to make healthier and more intentional decisions for yourself. People who make choices based on their values experience greater self-worth, healthier relationships, and a sense of empowerment and self-determination.

In determining our values, we are asking ourselves some key questions:

- What do I believe?
- What do I stand for?
- What drives me?
- What are my governing ideals (if only aspirational!)?

On the following pages of values words, circle all of them that resonate with you. (Adding any to the list that are missing for you!)

Next, edit your circled values, choosing your **top 20**. This is not usually easy for most people, but choosing between synonyms enhances awareness of nuance and choices are more accurately you!

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Now, edit your top 20, honing in on your **top 10** values:

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Finally, hone your top 10 values down to your **top 5**:

- ABUNDANCE
- ACCEPTANCE
- ACCESSIBILITY
- ACCOUNTABILITY
- ACCOMPLISHMENT
- ACCURACY
- ACHIEVEMENT
- ACKNOWLEDGEMENT
- ACTIVENESS
- ADAPTABILITY
- ADORATION
- ADROITNESS
- ADVENTURE
- AFFECTION
- AFFLUENCE
- AGGRESSIVENESS
- AGILITY
- ALERTNESS
- ALTRUISM
- AMBITION
- ANTICIPATION
- APPRECIATION
- APPROACHABILITY
- ARTICULACY
- ASSERTIVENESS
- ATTENTIVENESS
- AUDACITY
- AUTHENTICITY
- AVAILABILITY
- AWARENESS
- BALANCE
- BEAUTY
- BELONGING
- BEING THE BEST
- BLISSFULNESS
- BOLDNESS
- BRAVERY
- BRILLIANCE
- CALMNESS
- CAMARADERIE
- CANDOR
- CAPABILITY
- CAREFULNESS
- CARING
- CERTAINTY
- CHALLENGE
- CHANGE
- CHARITY
- CHEERFULNESS
- CLARITY
- CLEANLINESS
- CLEVERNESS
- CLOSENESS
- COLLABORATION
- COMFORT
- COMMITMENT
- COMMUNICATION
- COMMUNITY
- COMPASSION
- COMPETENCE
- COMPETITION
- COMPLETION
- COMPOSURE
- CONCENTRATION
- CONFIDENCE
- CONGRUENCY
- CONNECTION
- CONSCIOUSNESS
- CONSISTENCY
- CONTENTMENT
- CONTINUITY
- CONTRIBUTION
- CONTROL
- CONVICTION
- CONVINCING
- COOLNESS
- COOPERATION
- COORDIALITY
- CONNECTION
- CORRECTNESS
- CRAFTINESS
- CREDIBILITY
- COURAGE
- COURTESY
- CREATIVITY
- CURIOSITY
- DARING
- DECISIVENESS
- DELIGHT
- DEPENDABILITY
- DESIRE
- DEPTH
- DETERMINATION
- DEVOTION
- DEXTERITY
- DIGNITY
- DILIGENCE
- DIRECTION
- DIRECTNESS
- DISCIPLINE
- DISCOVERY
- DISCRETION
- DIVERSITY
- DOMINANCE
- DREAMING
- DRIVE
- DUTY
- EAGERNESS
- ECONOMY
- EDUCATION
- EFFECTIVENESS
- EFFICIENCY
- ELATION
- ELEGANCE
- EMPATHY
- ENCOURAGEMENT
- ENDURANCE
- ENERGY
- ENJOYMENT
- ENTHUSIASM
- EQUALITY
- EXCELLENCE
- EXCITEMENT
- EXPERIENCE
- EXPERTISE
- EXPLORATION
- EXPRESSIVENESS
- FAIRNESS
- FAITH
- FAME
- FAMILY
- FEARLESSNESS
- FIDELITY
- FINANCIAL
INDEPENDENCE
- FITNESS
- FLEXIBILITY
- FLOW
- FOCUS
- FOLLOW-THROUGH
- FORGIVENESS
- FORTITUDE
- FRANKNESS
- FREEDOM
- FRIENDLINESS
- FRIENDSHIP
- FRUGALITY
- FUN
- GENEROSITY
- GIVING
- GOING THE EXTRA
MILE
- GOODNESS
- GRACE
- GRATITUDE
- GROWTH

- GUIDANCE
- HAPPINESS
- HARMONY
- HARD WORK
- HEALTH
- HELPFULNESS
- HEROISM
- HOLINESS
- HONESTY
- HONOR
- HOPEFULNESS
- HOSPITALITY
- HUMILITY
- HUMOR
- IMAGINATION
- INDEPENDENCE
- INFLUENCE
- INGENUITY
- INQUISITIVENESS
- INNER PEACE
- INNOVATION
- INSIGHTFULNESS
- INSPIRATION
- INTEGRITY
- INTELLIGENCE
- INTENSITY
- INTIMACY
- INTUITIVENESS
- INVESTING
- JOY
- JUSTICE
- KINDNESS
- KNOWLEDGE
- LEADERSHIP
- LEARNING
- LIBERTY
- LOGIC
- LONGEVITY
- LOOKING GOOD
- LOVE
- LOYALTY
- MAKING A
DIFFERENCE
- MASTERY
- MATURITY
- MEANING
- MELLOWNESS
- METICULOUSNESS
- MERIT
- MINDFULNESS
- MODESTY
- MONEY
- MOTIVATION
- MYSTERY
- NATURE
- NEATNESS
- NERVE
- NON-VIOLENCE
- OBEDIENCE
- OPENNESS
- OPEN MINDEDNESS
- OPPORTUNITY
- OPTIMISM
- ORDER
- ORGANIZATION
- ORIGINALITY
- OUTCOMES
- OUTSTANDING
SERVICE
- PASSION
- PEACE
- PERCEPTIVENESS
- PERFECTION
- PERKINESS
- PERSEVERANCE
- PERSISTENCE
- PERSONAL GROWTH
- PHILANTHROPY
- PLAYFULNESS
- PLEASANTNESS
- PLEASURE
- POISE
- POPULARITY
- POSITIVE ATTITUDE
- POWER
- PRACTICALITY
- PRAGMATISM
- PRECISION
- PREPAREDNESS
- PRESENCE
- PRESERVATION
- PRIVACY
- PROACTIVITY
- PROFESSIONALISM
- PROGRESS
- PROSPERITY
- PRUDENCE
- PUNCTUALITY
- QUALITY
- QUIET
- RATIONALITY
- REASON
- REASONABLENESS
- RECOGNITION
- RECREATION
- REFINEMENT
- REFLECTION
- RELAXATION
- RELATIONSHIPS
- RELIABILITY
- RELIGION
- RESILIENCE
- RESOURCEFULNESS
- RESPECT
- RESOLUTION
- RESOLVE
- REST
- RESTRAINT
- RESPONSIBILITY
- RICHNESS
- RIGHTEOUSNESS
- RISK-TAKING
- RITUAL
- ROMANCE
- SACRIFICE
- SATISFACTION
- SAFETY
- SECURITY
- SELFLESSNESS
- SELF-CONTROL
- SELF-ESTEEM
- SELF-RELIANCE
- SENSITIVITY
- SENSUALITY
- SERIOUSNESS
- SERVICE
- SEXUALITY
- SHARING
- SILENCE
- SILLINESS
- SIMPLICITY
- SINCERITY
- SOLIDARITY
- SOLITUDE
- SKILL
- SPEED
- SPIRITUALITY
- SPONTANEITY
- STABILITY
- STEWARDSHIP
- STRENGTH
- STRUCTURE
- STYLE
- SUCCESS
- SUPPORT
- SURPRISE

- SYMPATHY
- SYSTEMIZATION
- TEACHING
- TEAMWORK
- TEMPERANCE
- THANKFULNESS
- THOROUGHNESS
- THOUGHTFULNESS
- THRIFT
- TIDINESS
- TIMELINESS
- TOLERANCE
- TRADITION
- TRANQUILITY
- TRUST
- TRUSTWORTHINESS
- TRUTH
- UNDERSTANDING
- UNIQUENESS
- UNITY
- USEFULNESS
- UTILITY
- VARIETY
- VISION
- WARMTH
- WEALTH
- WILLINGNESS
- WINNING
- WONDER
- WELL-BEING
- WISDOM
- YOUTHFULNESS
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Creating a Values Statement

Creating a Values Statement from your top five values can amplify your new awareness of your core principles and support your commitment to integrating your values into everything that you do. A Values Statement also helps you communicate the true essence of who you are in words.

Example: If my top five values are Kindness, Connection, Reflection, Integrity and Growth, a Values Statement might look something like this:

“I try to move through my life in ways that create **connection** with people through **kindness**. I do this while making time for myself for **reflection**, by acting with **integrity**, and by looking at all my experiences as an opportunity for **growth**.”

Remember that it doesn't have to be perfect, and that it will change over time.
