

Values Worksheet

Below is a list of core values. Select 5 which you feel most resonate with you.

Authenticity
Achievement
Adventure
Authority
Autonomy
Balance
Beauty
Boldness
Compassion
Challenge
Citizenship
Community
Competency
Contribution
Creativity
Curiosity
Determination
Fairness
Faith

Fame
Friendships
Fun
Growth
Happiness
Honesty
Humour
Influence
Inner Harmony
Justice
Kindness
Knowledge
Leadership
Learning
Love
Loyalty
Meaningful Work
Openness
Optimism

Peace
Pleasure
Poise
Popularity
Recognition
Religion
Reputation
Respect
Responsibility
Security
Self-Respect
Service
Spirituality
Stability
Success
Status
Trustworthiness
Wealth
Wisdom



Spend 20 minutes reflecting on what actions/practices you engage with which reflect these values.

What could you do/stop doing or what practice could you adopt to live a life which is more in tune with the values you selected?

Select one practice which you mentioned above. Write down 3-5 small steps you could take until eventually fully adopting that practice. For example, if your goal were to practice more charity then you could start with just giving a bit once a week. Then twice a week and so on.


