

## DEFINING YOUR LIFE VALUES IN 3 STEPS

Values are the things that you believe are important in the way you live and work. They reflect your moral code and guide your actions and behaviors. As your fundamental core beliefs, your values define who you are and how you want to live your life.

On the next page you will find a list with Life Values. Follow the 3 steps below to define and set your personal Life Values.

**Step 1.** Write down or mark every value that resonates with you, the values that most accurately describe your feelings. Don't feel shy to add one or more in case you feel they are missing from the list.

*Tip 1 to select your values:*

Think back of the best and most painful moments in your life. Consider what these experiences showed you in regards to what values were important to you.

*Tip 2 to select your values:*

What people in life do you admire, and why?

What values would you like to give to your 8 year old you in preparation for life?

What would you like your 80 year old you to say looking back at your life?

**Step 2.** You may have selected a whole bunch of values. Time to create categories and group them. For example: growth, learning and personal development all belong in one group.

**Step 3.** Identify the central theme per group: select one value from the group that represents the group the best. These are your top values. You can leave the other values in the group as they provide more context to the primary value.

Your top values are the values you would like to guide yourself by.

In case you have a lot of values and groups, try to narrow it down to 5 to 8 top values, maximum 10.

If you find this difficult, then rank your top values in order of importance to you. This will help to really focus and select your top values.



Accountability	Excellence	Perfection
Accuracy	Excitement	Piety
Achievement	Expertise	Positivity
Adventurousness	Exploration	Practicality
Altruism	Expressiveness	Preparedness
Ambition	Fairness	Professionalism
Assertiveness	Faith	Prudence
Balance	Family oriented	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	Honour	Speed
Cooperation	Humility	Spontaneity
Correctness	Independence	Stability
Courtesy	Ingenuity	Strategic
Creativity	Inner Harmony	Strength
Curiosity	Inquisitiveness	Structure
Decisiveness	Insightfulness	Success
Democratic	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

