# Exercise 1- Identifying My Top Values

Identifying your values can be a significant step toward finding a satisfying and rewarding career. Aligning values, or deeply held principles and beliefs, can assist individuals in determining the type of work setting and overall job that may be the best fit. This exercise provides a wide sampling of possible core values. Circle all of the words that describe what matters most to you and then follow the instructions. Get started and get inspired!

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Abundance  Acceptance  Accomplished  Accuracy  Achievement  Acknowledgement  Activeness  Adaptability  Adoration  Adroitness  Adventure  Affection  Affluence  Aggressiveness  Agility  Alertness  Altruism  Ambition  Amusement  Anticipation  Appreciation  Approachability  Articulacy  Assertiveness  Assurance  Attentiveness  Attractiveness  Audacity  Availability  Awareness  Awe  Balance  Beauty  Being the best  Guidance  Happiness Harmony  Health  Heart  Helpfulness  Heroism  Holiness  Honesty  Honour  Hopefulness  Hospitality  Humility  Humour  Hygiene  Imagination  Impact  Impartiality  Independence  Industry  Ingenuity  Inquisitiveness  Insightfulness  Inspiration  Integrity  Intelligence  Intensity  Intimacy  Intrepidness  Introversion  Intuition  Intuitiveness  Inventiveness  Investing  Judiciousness  Justice  Keenness  Kindness  Knowledge  Understanding  Transcendence | Belonging  Benevolence  Bliss  Boldness  Bravery  Brilliance  Calmness  Camaraderie  Candour  Capability  Care  Carefulness  Celebrity  Certainty  Challenge  Charity  Charm  Chastity  Cheerful  Clarity  Cleanliness  Clear minded  Cleverness  Closeness  Comfort Commitment  Compassion  Completion  Composure  Concentration  Confidence  Conformity  Congruency  Connection  Leadership  Learning  Liberation  Liberty  Liveliness  Logic  Longevity  Love  Majesty  Making a difference  Mastery  Maturity  Meekness  Mellowness  Meticulousness  Mindfulness  Modesty  Motivation  Mysteriousness  Neatness  Nerve  Obedience  Open-mindedness  Openness  Optimism  Order  Organization  Originality  Outlandishness  Outrageous  Passion  Peace  Perceptiveness  Perfection  Perkiness  Perseverance  Persistence  Persuasiveness  Philanthropy | Consciousness  Consistency  Contentment  Continuity  Contribution  Control  Conviction  Conviviality  Coolness  Cooperation  Cordiality  Correctness  Courage  Courtesy  Craftiness  Creativity  Credibility  Cunning  Curiosity  Daring  Decisiveness  Decorum  Deference  Delight  Dependability  Depth  Desire  Determination  Devotion  Devoutness  Dexterity  Dignity  Diligence  Direction  Piety  Playfulness  Pleasantness  Pleasure  Poise  Polish  Popularity  Potency  Power  Practicality  Pragmatism  Precision  Preparedness  Presence  Privacy  Proactive  Professional  Prosperity  Prudence  Punctuality  Purity  Realism  Reason  Recognition  Recreation  Refinement  Reflection  Relaxation  Reliability  Religiousness  Resilience  Resolution  Resolve  Resourceful  Respect  Rest  Restraint  Reverence  Richness  Rigor | Directness  Discipline  Discovery  Discretion  Diversity  Dominance  Dreaming  Drive  Duty  Dynamism  Eagerness  Economy  Ecstasy  Education  Effectiveness  Efficiency  Elation  Elegance  Empathy  Encouragement  Endurance  Energy  Enjoyment  Entertainment  Enthusiasm  Excellence  Excitement  Exhilaration  Expectancy  Expediency  Experience  Expertise  Exploration  Expressiveness  Sacredness  Sacrifice  Sagacity  Saintliness  Sanguinity  Satisfaction  Security  Self-control  Selfless  Self-reliant  Sensitive  Sensual  Serenity  Service  Sexy  Seductive  Sharing  Shrewdness  Significance  Silence  Silliness  Simplicity  Sincerity  Skilfulness  Solidarity  Solitude  Soundness  Speed  Spirit  Spirituality  Spontaneity  Spunk  Stability  Stealth  Stillness  Strength  Structure  Success  Supremacy  Sympathy  Synergy | Extravagance Extroversion  Exuberance  Fairness  Faith  Fame  Family  Fascination  Fashion  Fearlessness  Ferocity  Fidelity  Fierceness  Financial  Firmness  Fitness  Flexibility  Flow  Fluency  Focus  Fortitude  Frankness  Freedom  Friendliness  Frugality  Fun  Gallantry  Gentility  Giving  Grace  Gratitude  Gregarious  Growth  Teamwork  Temperance  Thankful  Thorough  Thoughtful  Thrift  Tidiness  Timeliness  Traditional  Tranquillity  Trust  Trustworthy  Truth  Joy  Unflappability  Uniqueness  Unity  Usefulness  Utility  Valour  Variety  Victory  Vigour  Virtue  Vision  Vitality  Vivacity  Warmth  Watchfulness  Wealth  Wilfulness  Willingness  Winning  Wisdom  Wittiness  Wonder  Youthfulness  Zeal |

## Discover Your Top Values

Look at all of the words that you came up with above and write down the 24 most important words in the space below.

|  |  |
| --- | --- |
| **My top 24 values are** | |
| 1. | 13. |
| 2. | 14. |
| 3. | 15. |
| 4. | 16. |
| 5. | 17. |
| 6. | 18. |
| 7. | 19. |
| 8. | 20. |
| 9. | 21. |
| 10. | 22. |
| 11. | 23. |
| 12. | 24. |

Now, narrow the list down again to your top 6 values. You can do this by:

* Grouping common values into one value
* Taking out the values that are so much a part of you that you don’t need to be reminded about them on a daily basis
* Deciding on the top, most important 6 that you shouldn’t be without in order to be your full potential

|  |
| --- |
| **My top 6 values are** |
| 1. |
| 2. |
| 3. |
| 4. |
| 5. |
| 6. |

|  |  |
| --- | --- |
| 🛠 | **Carry your values with you**  Conscious awareness of your values enables you to make decisions  and set priorities with ease. Write them in your diary, hang them in your bathroom and put them in your wallet. |

## Assess Your Top Values

In the space below, describe how your 6 top values ARE being expressed in each of the key areas in your life.

|  |
| --- |
| Career |
| Finances |
| Friends and Family (Relationships) |
| Fun, Recreation and Entertainment |
| Health and Fitness |
| Personal/Spiritual Development |
| Physical Environment |
| Other |

**Option 2 Exercise- VIA Survey**

Developed by VIA Institute on Character, the VIA Survey will identify the character strengths that come most naturally to you (your unique profile).



[FREE ASSESSMENT](http://www.viacharacter.org/www/Character-Strengths)