# 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!

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| AbundanceAcceptanceAccomplishedAccuracyAchievementAcknowledgementActivenessAdaptabilityAdorationAdroitnessAdventureAffectionAffluenceAggressivenessAgilityAlertnessAltruismAmbitionAmusementAnticipationAppreciationApproachabilityArticulacyAssertivenessAssuranceAttentivenessAttractivenessAudacityAvailabilityAwarenessAweBalanceBeautyBeing the bestGuidanceHappiness HarmonyHealthHeartHelpfulnessHeroismHolinessHonestyHonourHopefulnessHospitalityHumilityHumourHygieneImaginationImpactImpartialityIndependence IndustryIngenuityInquisitivenessInsightfulnessInspirationIntegrityIntelligenceIntensityIntimacyIntrepidnessIntroversionIntuitionIntuitivenessInventivenessInvestingJudiciousnessJusticeKeennessKindnessKnowledgeUnderstandingTranscendence | BelongingBenevolenceBlissBoldnessBraveryBrillianceCalmnessCamaraderieCandourCapabilityCareCarefulnessCelebrityCertaintyChallengeCharityCharmChastityCheerfulClarityCleanlinessClear mindedClevernessClosenessComfort CommitmentCompassionCompletionComposureConcentrationConfidenceConformityCongruencyConnectionLeadership LearningLiberationLibertyLivelinessLogicLongevityLoveMajestyMaking a differenceMasteryMaturityMeeknessMellownessMeticulousnessMindfulnessModestyMotivationMysteriousnessNeatnessNerveObedienceOpen-mindednessOpennessOptimismOrderOrganizationOriginalityOutlandishnessOutrageousPassionPeacePerceptivenessPerfectionPerkinessPerseverancePersistencePersuasivenessPhilanthropy | ConsciousnessConsistencyContentmentContinuityContributionControlConvictionConvivialityCoolnessCooperationCordialityCorrectnessCourageCourtesyCraftinessCreativityCredibilityCunningCuriosityDaringDecisivenessDecorumDeferenceDelightDependabilityDepthDesireDeterminationDevotionDevoutnessDexterityDignityDiligenceDirectionPietyPlayfulnessPleasantnessPleasurePoisePolish PopularityPotencyPowerPracticalityPragmatismPrecisionPreparednessPresencePrivacyProactiveProfessionalProsperityPrudencePunctualityPurityRealismReasonRecognitionRecreationRefinementReflectionRelaxationReliabilityReligiousnessResilienceResolutionResolveResourcefulRespectRestRestraintReverenceRichnessRigor | DirectnessDisciplineDiscoveryDiscretionDiversityDominanceDreamingDriveDutyDynamismEagernessEconomyEcstasyEducationEffectivenessEfficiencyElationEleganceEmpathyEncouragementEnduranceEnergyEnjoymentEntertainmentEnthusiasmExcellenceExcitementExhilarationExpectancyExpediencyExperienceExpertiseExplorationExpressivenessSacrednessSacrificeSagacitySaintlinessSanguinitySatisfactionSecurity Self-controlSelflessSelf-reliantSensitiveSensualSerenityServiceSexySeductiveSharingShrewdnessSignificanceSilenceSillinessSimplicitySinceritySkilfulnessSolidaritySolitudeSoundnessSpeedSpiritSpiritualitySpontaneitySpunkStabilityStealthStillnessStrengthStructureSuccessSupremacySympathySynergy | Extravagance ExtroversionExuberanceFairnessFaithFameFamilyFascinationFashionFearlessnessFerocityFidelityFiercenessFinancial FirmnessFitnessFlexibilityFlowFluencyFocusFortitudeFranknessFreedomFriendlinessFrugalityFunGallantryGentilityGivingGraceGratitudeGregariousGrowthTeamworkTemperanceThankfulThoroughThoughtfulThriftTidinessTimelinessTraditionalTranquillityTrustTrustworthyTruthJoyUnflappabilityUniquenessUnityUsefulnessUtilityValourVarietyVictoryVigourVirtueVisionVitalityVivacityWarmthWatchfulnessWealthWilfulnessWillingnessWinningWisdomWittinessWonderYouthfulnessZeal |

##  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)