



Sample Values List

VALUES EXERCISE: INSTRUCTIONS

- Your values represent what is important to you in life. They embody your unique, individual essence and highlight what you need to live a happy and fulfilled life.
- When it comes to values, there is no right or wrong; it is what matters to you.
- From the list below, cross out any word that does not speak to you. Then circle words that resonate for you personally. From that list, consider what values are very important, important or less important to you. Keep reducing the list, until you get to your **top 5 Values**. If a value you hold essential is not on the list, add them in the space provided.
- Jot down what these values mean to you and why they are important to you.

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|--------------------|-------------------------|----------------------|
| 1. Abundance | 36. Focus | 70. Productivity |
| 2. Acceptance | 37. Forgiveness | 71. Professionalism |
| 3. Accomplishment | 38. Freedom | 72. Recognition |
| 4. Accuracy | 39. Friendship | 73. Respect |
| 5. Adventure | 40. Fun | 74. Relationships |
| 6. Advocacy | 41. Generosity | 75. Resourcefulness |
| 7. Authenticity | 42. Gentleness | 76. Responsiveness |
| 8. Autonomy | 43. Gratitude | 77. Results-Oriented |
| 9. Balance | 44. Growth | 78. Safety |
| 10. Being the Best | 45. Happiness | 79. Security |
| 11. Beauty | 46. Harmony | 80. Self-Care |
| 12. Boldness | 47. Health | 81. Self-Esteem |
| 13. Calm | 48. Helpfulness | 82. Service |
| 14. Challenge | 49. Honesty | 83. Simplicity |
| 15. Collaboration | 50. Honour | 84. Spirituality |
| 16. Comfort | 51. Humour | 85. Spontaneity |
| 17. Community | 52. Inclusiveness | 86. Strength |
| 18. Compassion | 53. Independence | 87. Success |
| 19. Confidence | 54. Individuality | 88. Teamwork |
| 20. Connectedness | 55. Innovation | 89. Tolerance |
| 21. Contribution | 56. Integrity | 90. Tradition |
| 22. Control | 57. Intuition | 91. Trust |
| 23. Cooperation | 58. Joy | 92. Unity |
| 24. Courage | 59. Kindness | 93. Vitality |
| 25. Creativity | 60. Learning | 94. Wealth |
| 26. Curiosity | 61. Love | 95. Wisdom |
| 27. Daring | 62. Loyalty | 96. _____ |
| 28. Determination | 63. Making a Difference | 97. _____ |
| 29. Discovery | 64. Optimism | 98. _____ |
| 30. Empowerment | 65. Orderliness | 99. _____ |
| 31. Enthusiasm | 66. Originality | 100. _____ |
| 32. Environment | 67. Participation | |
| 33. Excellence | 68. Passion | |
| 34. Fairness | 69. Perfection | |
| 35. Flexibility | | |

Known to Self

Unknown to Self

OPEN SELF

Information about you that both you & others know.

BLIND SELF

Information about you that you don't know but others do know.

HIDDEN SELF

Information about you that you know but others don't know.

UNKNOWN SELF

Information about you that neither you nor others know.

Known to Others

Unknown to Others

Homework:

3:15 Questions

*Pick **3 people** in your life who you trust to be on your personal development journey. **Spend 15 minutes** with each of them to reflect on the content from session 1. If they're not familiar with the series, give them a bit of background on this being a 6-session exploration on personal development and growth.*

Values Exercise - Share what came up for you during the values exercise. What did you uncover, what surprised you, what did you reaffirm? What did you discover about your own values? Does this person's view of your key values differ and if so, discuss why that might be so?

Opening the Johari Window - Courageously ask for feedback to try to open the "Blind" pane of the window — ask each person what are one or two of your strengths in their view and what are one or two ways that you could improve or be better. Ask for it to be constructive feedback—i.e. in the area to improve, what can you do differently that would improve your being or help you better live your values? Consider the "Hidden" pane of the window - identify what you've kept hidden and discuss why that might be so—is keeping what is hidden right for you? Is it a help or a hindrance?

Remember to go slow—this might be a lot of information to take in—take each discussion as a perspective. Keep in mind, for personal development, the perspective that matters the most is your own. These discussions are meant to help you with your own self-discovery.

*If your three people are interested in this process, they can also view a recording of the session and catch up with the series themselves. Go back to the link **at iicanada.org/videos** and previously aired sessions will remain available as recordings.*