



Exploring Your Values

Identify your core values. These are the things that are important to you about the way that you live and work. If your actions and behaviors go against your values, you'll likely be uncomfortable and unhappy with what you're doing. By contrast, if you're working in a way that's aligned with them, you'll likely be happy and satisfied. What's interesting is that different people can have quite different values. This is one reason why one person's dreams and life choices can be so radically different from another's.

It's also why it's so important that you chase your own dreams, and not those of other people (such as your parents or partner) – even if they just want the best for you.

Let's discover what your core values are.

Your values are the things that you hold to be important about the way you work, and the way you live your life. Have you heard the tale of the old Cherokee teaching his grandson about good and bad?

He told the boy that everybody has two wolves
fighting inside them. One wolf is good, loving,
humble, benevolent, and honest. The other is
greedy, envious, selfish, and arrogant.

The little boy looked at the old man intently and
asked, "Which wolf wins?" The grandfather
replied, "The one you feed – that one will surely
win."

Our values determine which wolf we feed.



Accountability	Diversity	Inquisitiveness	Self-reliance
Accuracy	Dynamism	Insightfulness	Sensitivity
Achievement	Economy	Intelligence	Serenity
Adventurousness	Effectiveness	Intellectual status	Service
Altruism	Efficiency	Intuition	Shrewdness
Ambition	Elegance	Irreverence	Simplicity
Assertiveness	Empathy	Joy	Soundness
Balance	Enjoyment	Justice	Speed
Being the best	Enthusiasm	Leadership	Spontaneity
Belonging	Equality	Legacy	Stability
Boldness	Excellence	Love	Strategic
Calmness	Excitement	Loyalty	Strength
Carefulness	Expertise	Making a difference	Structure
Challenge	Exploration	Mastery	Success
Cheerfulness	Expressiveness	Merit	Support
Clear-mindedness	Fairness	Obedience	Teamwork
Commitment	Faith	Openness	Temperance
Community	Family-orientation	Order	Thankfulness
Compassion	Fidelity	Originality	Thoroughness
Competitiveness	Fitness	Patriotism	Thoughtfulness
Consistency	Fluency	Perfection	Timeliness
Contentment	Focus	Persistence	Tolerance
Continuous improvement	Freedom	Philanthropy	Traditionalism
Contribution	Fun	Positivity	Trustworthiness
Control	Generosity	Practicality	Truth-seeking
Cooperation	Goodness	Preparedness	Understanding
Correctness	Grace	Professionalism	Uniqueness
Courtesy	Growth	Prudence	Unity
Creativity	Happiness	Quality-orientation	Usefulness
Curiosity	Hard work	Reliability	Vision
Decisiveness	Health	Resourcefulness	
Democratic	Helping society	Restraint	
Dependability	Honesty	Results-orientation	
Determination	Honor	Rigor	
Diligence	Humility	Security	
Discipline	Independence	Self-actualization	
Discretion	Ingenuity	Self-control	
	Inner harmony	Selflessness	



The 5 most important values:

1.

2.

3.

4.

5.
