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Discover Your Values

Values are your north star, your motivation, your passion, and how you measure success. When what you are doing and your passions line up, you are living out your values. When they do not align, this can be a source of discontent and unhappiness.

How to Use This List

1. Read through the list and **circle values that resonate strongly** for you. If you don't see an important value, you can add it to the list.

2. Go back through the list and **narrow down until you have 10 values remaining.** To help do this, take 2 values and ask yourself: if you could only choose 1, which would you choose? Visualize the values in action to help you. You are not dismissing a value, but recognizing which one is more important to you.

3. **Group similar values together** from your list of 10.

4. Choose one word within each similar group and **decide which value best describes you.**

5. Narrow down your list to your **3 top values.** Which values describe your core motivation?

6. Work on your values every day by **growing in, living out, and sharing** your values with others.

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Values List

- Accountability
- Achievement
- Adaptability
- Adventure
- Altruism
- Ambition
- Authenticity
- Balance
- Belonging
- Career
- Collaboration
- Commitment
- Community
- Compassion
- Competence
- Confidence
- Connection
- Contentment
- Courage
- Creativity
- Curiosity
- Dignity
- Diversity
- Environment
- Efficiency
- Equality
- Excellence
- Fairness
- Faith
- Family
- Financial stability
- Forgiveness
- Freedom
- Friendship
- Fun
- Generosity
- Grace
- Gratitude
- Growth
- Harmony
- Health
- Home
- Honesty
- Hope
- Humility
- Humor
- Inclusion
- Independence
- Initiative
- Integrity
- Intuition
- Job security
- Joy
- Kindness
- Knowledge
- Learning
- Legacy
- Leisure
- Love
- Loyalty
- Making a difference
- Nature
- Openness
- Optimism
- Order
- Patience
- Perseverance
- Personal fulfillment
- Power
- Pride
- Recognition
- Reliability
- Resourcefulness
- Respect
- Risk-taking
- Safety
- Self-discipline
- Self-expression
- Serenity
- Simplicity
- Spirituality
- Stewardship
- Success
- Teamwork
- Thrift
- Time
- Tradition
- Travel
- Trust
- Uniqueness
- Usefulness
- Vision
- Vulnerability
- Wealth
- Well-being
- Wisdom
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My Values Worksheet

Step 1 — My Top 10 Values

Circle your strongest values from the list, then narrow down to your top 10 and write them below.

1.	**6.**
2.	**7.**
3.	**8.**
4.	**9.**
5.	**10.**

Step 2 — Grouping Similar Values

Look at your top 10 and group similar values together. Write each group in a column, then choose the single best word that captures each group.

Group 1	Group 2	Group 3
Best word:	*Best word:*	*Best word:*

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Step 3 — My 3 Core Values

From your groups, identify the 3 values that most describe your core motivation.

1. My core value:
2. My core value:
3. My core value:

Step 4 — Values in Action

Brainstorm specific ways you can grow in each value, live it out daily, and share it with the people around you.

My Value	Growing in it	Living it out	Sharing with others

Ready to go deeper?

If this exercise opened something up, I'd love to help you explore it. Coaching gives you a confidential space and a thinking partner to turn what you noticed into a clear next step. Reach out at danah@unlockyoucoaching.com.