

# **Values Exploration Guide**

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## List of Values

stability	security	inner strength	joy	balance	moderation
happiness	fun/sense of humour	pleasure	relaxation	calmness	inner peace
achievement	success	recognition	appreciation	ambition	being valued
passion	contentment	harmony	beauty	comfort	simplicity
honesty	truth	trust	openness	empathy	expression
equality	fairness	justice	courtesy	dignity	integrity
love	friendship	connection	kindness	companionship	camaraderie
freedom	choice	variety	abundance	adventure	excitement
faith	forgiving	spirituality	tolerance	humility	grace
respect	consideration	loyalty	faithfulness	politeness	serenity
wisdom	intelligence	knowledge	insight	acceptance	honour
learning	development	growth	challenge	competition	excellence
sense of duty	tradition	order	sense of control	obedience	realism
authenticity	rationality	sense of authority	protection	compassion	patience
wellbeing	vitality	positivity	contribution	sense of belonging	cooperation
community	cleanliness	decency	professionalism	competence	virtue
support	helpfulness	caring	service	generosity	nurturance
gratitude	determination	hardworking	sense of purpose	making a difference	capability
innovation	creativity	resourcefulness	commitment	accountability	solitude
independence	responsibility	reliability	dependability	courage	quality

## Values Exploration Technique

**Aim:** To identify your Core Top 10 Values

**Step 1:** Review the values list (reading from left to right, as some similar ones are on each line)

**Step 2:** Mark the values which are most important to you, i.e. the words that resonate most with you, if the word you want is not there, just add it, do make sure it is a value (and not a collective noun, like family).

Note: select values that are truly important to you and **not** those which you feel you should hold or those that are important to others. If you are unsure, ask yourself the following:

***'Which of these values are most important to you?'***

***'Which words resonate most with you?'*** (If 2 words are similar in meaning, choose the word that resonates most with you)

***'Consider how fundamental each value is to your happiness and fulfilment'***

***'Consider if that value was missing in your life, how much would that matter?'***

Note: If you feel you **ought** to choose a particular value, then disregard that one, it is not your core value, it will be one imposed upon you.

It might help to focus on different aspects of your life:

***'What do you value most in your relationships with others?'*** (whether it is present or missing)

***'When you think about your work and career, which of these values need to be honoured for you to feel fulfilled and happy?'***

***'Which of these values are honoured when you are having fun and leisure time or doing a personal development activity?'***

**Step 3:** Select your Core Top 10, i.e. the ten most important from the ones marked. Reflect on the list to make sure it represents what is important to you, what must be present in your life for you to feel fulfilled.

**Step 4:** Put each value onto a separate post-it note, then prioritise them by placing them in order of their importance to you, down a page, with the most important one at the top.

**Step 5:** Transfer the values onto your Values Summary and score each one for how closely you are living your life in line with that value and note down target scores for those you would like to increase.

## Values Summary

Priority Number	Core Value	Interpretation	Score
1-10	<i>What's important to you? Enter core values here:</i>	<i>What does that mean to you? What does that give you?</i>	<i>How are you living your life in line with your values? score 0-10 → target score</i>
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			