

colleen callander

# STEP 1 - IDENTITY

Circle 12 to 15 values that speak to you from the list below. Don't think too hard about them – just choose the ones that resonate most.

|               |                    |                      |
|---------------|--------------------|----------------------|
| Achievement   | Environment        | Learning             |
| Advancement   | Equality           | Legacy               |
| Adventure     | Fairness           | Love                 |
| Affection     | Faith              | Loyalty              |
| Authenticity  | Fame               | Nature               |
| Authority     | Family             | Openness             |
| Autonomy      | Financial security | Optimism             |
| Balance       | Forgiveness        | Order                |
| Beauty        | Freedom            | Peace                |
| Boldness      | Friendship         | Personal development |
| Career        | Fun                | Pleasure             |
| Challenge     | Generosity         | Popularity           |
| Change        | Gratitude          | Power                |
| Comfort       | Growth             | Recognition          |
| Communication | Happiness          | Relationships        |
| Community     | Health             | Religion             |
| Compassion    | Honesty            | Reputation           |
| Competition   | Humanity           | Respect              |
| Contribution  | Humour             | Responsibility       |
| Cooperation   | Influence          | Self-respect         |
| Cooperative   | Inner harmony      | Spirituality         |
| Creativity    | Inspiration        | Stability            |
| Culture       | Integrity          | Status               |
| Curiosity     | Involvement        | Success              |
| Determination | Justice            | Teamwork             |
| Discipline    | Kindness           | Trust                |
| Empathy       | Knowledge          | Wealth               |
| Energy        | Leadership         | Wisdom               |

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# STEP 2 - PRIORITISE

Rank your chosen values in order of importance from 1 to 12, with 1 being the most important.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_

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# STEP 3 - EXPRESS

Next, take the top five values from your list and write next to each of them what they really mean to you. (Leave the third column in the table blank for now.)

| Values | What does this value mean to you? | What do you need to add, delete or change to reflect this value? |
|--------|-----------------------------------|--|
| 1.     |                                   |  |
| 2.     |                                   |  |
| 3.     |                                   |  |
| 4.     |                                   |  |
| 5.     |                                   |  |

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# STEP 4 - REFLECT

Once you've completed your list of values, walk away from them and revisit them again the next day. Review your list and consider:

- How do they make you feel?

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- Are you happy with your value choices?

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- Do they reflect who you want to be and how you want to show up in the world?

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- Check your priority ranking. Do you feel like your values are in the proper order of importance?

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**Do the five values you have chosen feel right?**

**If so,** put them somewhere you can see them daily. Write them on the whiteboard in your office, have them as a screensaver or put them on your phone.

**If they don't feel quite right,** go back and revisit step 1 and choose values from the original list again, and complete the next steps again until you are happy with your selection.

