

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?

- Are you happy with your value choices?

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

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

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.

