

Exploring Personal Values

Values are principles or standards of behaviour; one's judgement of what is important in life.

Here are a set of values cards for you to print and cut out, and a guide for capturing your thoughts and feelings.

1. Without thinking about it too much, go through the cards separating out those values that resonate most strongly with you i.e. those most likely to drive your decisions and behaviour. Add cards for any you feel are missing.
2. Put the values cards that resonate with you most in order of how strongly you feel about them.
3. Complete the guide below:
 - Your top 6 values listed in order in column 1,
 - A few words on how each one helps you in column 2, and
 - A few words on how each one gets in your way in column 3.

Tip: Don't over think the definitions and be really honest with yourself.

Values cards

Achievements	Adventure	Sensuality
Altruism	Commitment	Empathy
Community	Connecting	Excellence
Creativity	Environment	Spirituality
Freedom	Fun	Authenticity
Humour	Loyalty	Competence
Openness	Privacy	
Recognition	Risk taking	
Security	Self expression	

Capturing thoughts and feelings

Top 6 values	How they help me	How they can hinder me
1.		
2.		
3.		
4.		
5.		
6.		

Enjoy the exercise and I look forward to hearing about the questions it raises and the insights it brings!