

Your Values

What is important to you?

Sort the 46 Value cards into
5 IMPORTANCE piles, then answer the
questions on the Worksheet.

VERY
IMPORTANT

NOT
AT ALL
IMPORTANT

IMPORTANT

ACHIEVEMENT

Sense of progress, mastery
and accomplishment

QUITE
IMPORTANT

COMPETITION

You like the energy and buzz that
comes from competing with others
and/or yourself.
Driving to win

A LITTLE
IMPORTANT

CREATIVITY

Thinking up new ideas and ways of doing things is important to you. You may also enjoy creative art form - drawing, painting, design, music, modelling etc.

EXCELLENCE

Always demonstrating your best.
Striving for perfection.

EXCITEMENT / RISK

Liking living 'on the edge' and being stimulated by a sense of danger and lack of certainty.

CHALLENGE

You enjoy being stretched and having problems to resolve.

VARIETY

You enjoy the stimulus of having lots of different things to do.

FREEDOM

A sense of autonomy, independence and choice.
Disliking constraints

FRIENDSHIP

You would (or do) like close friendships with people around you.

FUN

You enjoy laughter, being playful and turning everyday events into a 'game'.

GROWTH

To be continually developing as a person; to achieve potential; to develop wisdom

SELF-EXPRESSION

You enjoy opportunities to express your ideals, skills, ideas and personality through writing, speech, presentations, art, drama, dance, clothes etc

ABUNDANCE / WEALTH

You seek a life of plenty - money, friends, opportunities, possessions and/or choices

CONTACT / CLOSENESS

You enjoy having lots of warmth relationships with other people

HELPING OTHERS

It is important to you to help/assist other people either individually or in groups

MAKING A DIFFERENCE

You want your work to have a positive impact or produce something you consider worthwhile for others / society.

HEALTH / FITNESS

Looking after your health and well-being is a strong motivator for you

INDEPENDENCE / AUTONOMY

You like being able to think, work and act in the way that you determine for yourself

INFLUENCING

You enjoy persuading people to buy (or buy-in) something, or change their minds about something.

HONESTY

Being true to yourself.
Speaking openly.

PEACE / SERENITY

You prefer harmony and like to avoid conflict, pressures and/or uncomfortable demands.

LEARNING

It is important to you to keep learning new things, new ideas and new ways of doing things

HUMOUR

Being tolerant, cheerful and good-natured. Seeing the funny, quirky and/or positive aspects of people and situations.

PEACE OF MIND

Inner harmony, being at peace with yourself.

SPIRITUALITY

It is important to you that your work and life contribute to your important ideals and beliefs.

JUSTICE

Seeking fairness; making decisions based on equity; being principled in dealings with others.

POWER

It is important to you to control resources and/or the work/promotion/direction of others.
Having authority.

KINDNESS

Showing tolerance and generosity to yourself and others.
Going out of your way to be helpful and thoughtful.

LOVE

Giving and receiving love and affection; caring for those close to you / in the wider world.

LOYALTY

Duty, respectfulness, obedience.
Holding faith with others.

RECOGNITION

You like people to appreciate you for the work that you do and the contribution you make.
Status.

SECURITY

It is important for you to know that your work, finances and close friends/family will always be there for you.

PASSION

Living life with energy, commitment and enthusiasm. Actively promoting and demonstrating your beliefs and interests.

STABILITY

You like systems, routines and patterns that are secure and predictable.
Conformity.

ORDER / TRADITION

A liking for logic, systems, predictability tradition and conformity.

RESPONSIBILITY

You enjoy being accountable and responsible for the actions, decisions and work done by yourself/others

PERFECTION

Believing in and seeking perfection in everything you do and engage in.

RESPECT

Interest in and tolerance for the views of others and the differences they bring. Wanting to be allowed to be yourself.

SPONTANEITY

Wanting to 'live in the moment' and 'go with the flow'.

STATUS

Concern for positions and symbols of success and power.

BELONGING / INVOLVEMENT

Wanting to join with others, identifying with family/religious/other groups.

INTEGRITY

Sincerity, honesty and standing up for what you believe. It is important to you that actions match stated values and priorities - in yourself and in others

SUCCESS

Advancement, achievement of whatever is important to you.

CONTRIBUTION

Helping others, making the world a better place; making a difference.

SELF-RESPECT

Pride, sense of personal identity.
Acting with personal integrity.

TRUST

Being trusted and giving trust is important to you.

Values

What are your top 5 Values?

And how well are your needs currently being satisfied on a scale of 1 - 10, where 1 = not at all and 10 = completely

	top 7/8 values	satisfaction level
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		

What could you do to increase your levels of satisfaction ?