

Identifying your Personal Values

We all have shoulds, rules, goals, and expectations for ourselves. But have you ever paused to consider what matters to you personally?

Values are not goals.

You don't achieve a value and tick it off. They are ways of being and acting that you can return to again and again, in small moments as much as big ones.

If you were to meet yourself ten years from now, what would make you proud about who you are? How do you want to show up at work, in your relationships, in your health, with yourself? Are you aligned with that person right now?

You don't need to wait for the right circumstances to start living by them.

This isn't about ranking a hundred words against each other.

It's simpler than that: read through, notice which ones land, and see what comes up.



COMPASSION

Offering kindness and understanding to both yourself and others, especially in moments of pain or difficulty



INTEGRITY

Acting in line with your core beliefs, even when it's tough, to stay true to who you are.



COURAGE

Stepping forward despite fear or uncertainty, and choosing to engage in what matters most rather than avoiding discomfort.



GROWTH

Embracing the ongoing process of learning and development, and remaining open to change and new experiences.



CURIOSITY

Approaching life with a spirit of exploration and questioning, staying receptive to fresh perspectives and knowledge.



CONNECTION

Fostering meaningful relationships with people and the world around you, prioritizing genuine interaction and empathy



RESPONSIBILITY

Owning your actions and choices, recognising their impact on yourself and others, and striving to act in ways that support your commitments.



SELF-CARE

Protecting and nurturing your mental and physical wellbeing, acknowledging that self-compassion fuels resilience.



GENEROSITY

Offering your time, energy, and resources in service of others, driven by empathy and a desire to contribute positively.

Personal Values Worksheet



PERSEVERANCE

Continuing to pursue meaningful aims despite setbacks, discouragement, or unexpected obstacles.



HUMOUR

Finding lightness or amusement in challenging situations, using laughter as a way to cope and connect rather than to dismiss difficulties.



PRESENCE

Bringing mindful awareness to the here and now, fully engaging with what's happening rather than dwelling on the past or future.



ORGANISATION

Creating structure in your life, Both mentally and physically, to support your priorities and promote a sense of order.



SERVICE

Contributing positively to your community or society by acting in ways that benefit others, guided by a sense of purpose and compassion.



ADVENTURE

Being open to taking risks or stepping outside your comfort zone, seeing the unknown as an opportunity for new experiences.

CHOOSING YOUR THREE

Narrowing it down

If you were to choose three words that describe how you want to be in the world, what would they be?

1. _____
2. _____
3. _____

How do you want to show up, at work, in your relationships, in your health, with yourself? Are you aligned with that version of you right now?

LIVING YOUR VALUES

A daily practice

Write your three values somewhere you'll see them today.

Notice one moment where you have the chance to act on one of them, at work, in a relationship, in how you treat yourself.

At the end of the day, come back to this question:



What did I do today that reflected what matters to me, and how did it feel?

Personal Values Worksheet

Achievement	Leadership
Authenticity	Learning
Balance	Loyalty
Beauty	Mindfulness
Boldness	Openness
Calm	Optimism
Challenge	Order
Community	Passion
Creativity	Patience
Dependability	Peace
Discipline	Playfulness
Diversity	Purpose
Empathy	Recognition
Equality	Respect
Excellence	Security
Fairness	Simplicity
Faith	Spirituality
Family	Stability
Flexibility	Success
Freedom	Trust
Friendship	Vulnerability
Fun	Wisdom
Gratitude	Wonder
Harmony	Honesty
Health	Hope

Need more to choose from?

If none of the above quite landed, or you'd like to explore further, here are fifty more to scan through.

Read through the list. Circle any that stand out, don't overthink it.

Then narrow your circled words down to your top 10, and from those, your top 5.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____