

# Identifying Your Values

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Identifying your values is challenging and important. These values are a central part of who you are, and by identifying the specifics, you can use them as a guide to make the right choice for you in any situation. When we consciously start making value-based decisions, these decisions become habit. So, while it may feel like it takes hard-work to make value-based decisions right now, in the future they will become second nature.

An easy way to start the process is to identify when we felt positive and good.

1. Think of four times when you were happy. It can be useful to select times both in your personal life and in your career. Try to select two time points for your personal life and then another two for your career.

**Ask yourself:** during these happy times, what were you doing? Who was there? Were there any factors you can attribute to your happiness?

For example: I felt happy when I got to see my family for the first time when COVID lockdown restrictions lifted. My sisters and I were sharing humorous stories of lockdown. The experience was exciting and novel after many months in lockdown, which attributed to feeling happy.

2. Using the same format as the example above, think of four times when you felt proud of yourself. Similarly, to step 1, try and pick a balance between your personal life as well as your career.

**Ask yourself:** when I was feeling proud of myself, what had I just done/achieved? Who else felt proud for me?

3. Using the same format as the example above, think of four times when you were fulfilled and satisfied. Again, pick a balance between your personal life and career.

**Ask yourself:** When I felt fulfilled/satisfied, what aspiration had just been fulfilled? Why was the experience meaningful to you?

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What values attributed to these experiences to make them important and memorable to you? We have listed example values below. Try to identify about 8 values that feel the most accurate for the above experiences.

Try and narrow these 8 values down to 4. Of all of these values, which 4 make you feel best about yourself and feel the most 'right'?

Now, think about the marginal gain you recently set. Can you establish how one or more of your values is connected to it?

For example, I set a marginal gain to take a two minute break every hour of the working day. This connects to my values of compassion and kindness. When I allow myself a small break, I become calmer and more patient as I work small bites of recovery into my day, allowing me to more compassionate and kind to others, not to mention myself.



## Identifying Your Values (cont'd)

Accountability  
Accuracy  
Achievement  
Adventurousness  
Altruism  
Ambition  
Assertiveness  
Balance  
Being the best  
Belonging  
Boldness  
Calmness  
Carefulness  
Challenge  
Cheerfulness  
Clear-mindedness  
Commitment  
Community  
Compassion  
Competitiveness  
Consistency  
Contentment  
Continuous Improvement  
Contribution  
Control  
Cooperation  
Correctness  
Courtesy  
Creativity  
Curiosity  
Decisiveness  
Democraticness  
Dependability  
Determination  
Devoutness  
Diligence  
Discipline  
Discretion  
Diversity  
Dynamism  
Economy  
Effectiveness  
Efficiency  
Elegance  
Empathy  
Enjoyment  
Enthusiasm  
Equality

Excellence  
Excitement  
Expertise  
Exploration  
Expressiveness  
Fairness  
Faith  
Family-orientedness  
Fidelity  
Fitness  
Fluency  
Focus  
Freedom  
Fun  
Generosity  
Goodness  
Grace  
Growth  
Happiness  
Hard Work  
Health  
Helping Society  
Holiness  
Honesty  
Honor  
Humility  
Independence  
Ingenuity  
Inner Harmony  
Inquisitiveness  
Insightfulness  
Intelligence  
Intellectual Status  
Intuition  
Joy  
Justice  
Leadership  
Legacy  
Love  
Loyalty  
Making a difference  
Mastery  
Merit  
Obedience  
Openness  
Order  
Originality  
Patriotism

Perfection  
Piety  
Positivity  
Practicality  
Preparedness  
Professionalism  
Prudence  
Quality-orientation  
Reliability  
Resourcefulness  
Restraint  
Results-oriented  
Rigor  
Security  
Self-actualization  
Self-control  
Selflessness  
Self-reliance  
Sensitivity  
Serenity  
Service  
Shrewdness  
Simplicity  
Soundness  
Speed  
Spontaneity  
Stability  
Strategic  
Strength  
Structure  
Success  
Support  
Teamwork  
Temperance  
Thankfulness  
Thoroughness  
Thoughtfulness  
Timeliness  
Tolerance  
Traditionalism  
Trustworthiness  
Truth-seeking  
Understanding  
Uniqueness  
Unity  
Usefulness  
Vision  
Vitality