



My Values Finder

AN EXERCISE FOR AN INTENTIONAL LIFE



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What are Values

Your Values represent what's important to you in life. They are often referred to as our personal guiding principles or life goals. We may have a variety of short term goals that are specific to a situation, like getting a job, running a marathon, or visiting Europe, our values are life-goals that not specific to any one situation. Values guide our behavior in all aspects of our life, including our home, work and social life.

How Values Help

Knowing your Values helps you understand what drives you, what you enjoy, what inspires you and what you would like more of. By building a life around our values you can create a life that is in alignment with your beliefs.

Values also help you live with intention. When confronted with decisions in life, you can refer to your values to guide you. When you are busy or not fully-present, you can move too quickly into action. Reflecting upon your values can help you make decisions that are aligned with your best Self.

Values change over time, and deepen as you understand yourself better; they are dynamic, like you. For example, when you are younger you may value some things that as you age, feel less important. So, it's important to revisit this exercise every five years or so.

Getting Started - Values Finder Exercise

There are 5 simple steps to the Values Finder Exercise:

1. Find Your Values: Circle all the values from the list provided that resonate with you.
2. Group Your Values: Organize your values into like-type groupings. (No more than 5.)
3. Refine your Values: In your groupings, **choose one core value** that best represents each grouping.
4. Personal Value List: Creating by transferring the **core value** you chose from each grouping.
5. Values Action Plan: Write one sentence for each value that describes how you will model that value in your daily life.

1 Find Your Values

Determine your core values. From the list below, choose and write down every core value that resonates with you. Do not overthink your selections. As you read through the list, simply write down the words that feel like a core value to you personally. If you think of a value you possess that is not on the list, be sure to write it down as well.

Abundance	Courage	Health	Presence
Acceptance	Creativity	Helpfulness	Productivity
Accomplishment	Curiosity	Honesty	Recognition
Accuracy	Daring	Honor	Respect
Acknowledgment	Decisiveness	Humility	Resourcefulness
Adventure	Determination	Humor	Romance
Authenticity	Directness	Idealism	Safety
Balance	Discovery	Independence	Self-Esteem
Beauty	Ease	Innovation	Service
Benevolence	Effortlessness	Integrity	Simplicity
Brilliance	Empowerment	Intuition	Spaciousness
Boldness	Enthusiasm	Joy	Spirituality
Calm	Environment	Kindness	Spontaneity
Challenge	Excellence	Learning	Strength
Charity	Fairness	Listening	Tact
Cheerfulness	Flexibility	Love	Teamwork
Collaboration	Focus	Loyalty	Thankfulness
Community	Forgiveness	Making a Difference	Tolerance
Compassion	Freedom	Optimism	Tradition
Comradeship	Friendship	Orderliness	Trust
Confidence	Fun	Originality	Understanding
Connectedness	Grace	Participation	Unity
Contentment	Generosity	Partnership	Usefulness
Contribution	Gentleness	Passion	Vitality
Cooperation	Growth	Patience	Warmth
	Happiness	Peace	Well-being
	Harmony		Wisdom

2 Group Your Values

Group all similar values together from the list of values you just created. Group them in a way that makes sense to you, personally. Create a maximum of five groupings. If you have more than five groupings, drop those least important. See the example below.

Abundance	Acceptance	Accomplishment	Fun	Accuracy
Growth	Charity	Boldness	Passion	Respect
Freedom	Gentleness	Challenge	Cheerfulness	Usefulness
Independence	Happiness	Growth	Originality	Excellence
Flexibility	Harmony	Strength	Optimism	Integrity
Peace	Love	Usefulness	Collaboration	Confidence
	Patience	Productivity	Partnership	Focus
	Warmth			

3 Refine Your Values

Choose one word within each grouping that best represents the label for the entire group. Again, do not overthink your labels. There are no right or wrong answers. You are defining the answer that is right for you. See the example below – the label chosen for the grouping is bolded.

Abundance	Acceptance	Accomplishment	Fun	Accuracy
Growth	Charity	Boldness	Passion	Respect
Freedom	Gentleness	Challenge	Cheerfulness	Usefulness
Independence	Happiness	Growth	Originality	Excellence
Flexibility	Harmony	Strength	Optimism	Integrity
Peace	Love	Usefulness	Collaboration	Confidence
	Patience	Productivity	Partnership	Focus
	Warmth			

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MY VALUES LIST

The value you identified in bold for each grouping is your core value. List each here. You do not need to prioritize your values. It is best to stick to around 5 values for the simple reason it will be easier to remember and apply in your daily life. Be sure to make a copy of these and put them somewhere where you will see them daily. (There extra room on this page so you can make them large and make any notes.)

Values Action Plan

Turn your values into action. For each value, write a sentence for how you model that value in your daily life. For example, if **integrity** is a core value, you could write, "*I show integrity by keeping promises I make.*" Or, "*I show integrity by not speaking ill of others.*" Try to be specific so you can be mindful about implementing the core value on a regular basis. When you model the value in your behavior, actions and thoughts, you are living your values, living in alignment and living an intentional life. Enjoy!

If you are interested in learning more about how to live in the present moment to connect with your Life Purpose or what I call, Jam. Please visit my [website](#), follow me on [Instagram](#), [Facebook](#), or [Twitter](#).