

## What Are Your Values? Worksheet

It can be hard to name our values. Below is a list of common values that come up in sessions. Please read through the list and determine how important each value is to you using a scale from 1 to 5 (1 means not important, 3 means quite important, and, 5 means very important).

<input type="checkbox"/> Acceptance <input type="checkbox"/> Adventure <input type="checkbox"/> Assertiveness	<input type="checkbox"/> Encouragement <input type="checkbox"/> Excitement <input type="checkbox"/> Fairness	<input type="checkbox"/> Intimacy <input type="checkbox"/> Kindness <input type="checkbox"/> Love	<input type="checkbox"/> Supportiveness <input type="checkbox"/> Trustworthiness <input type="checkbox"/> Truth
<input type="checkbox"/> Authenticity <input type="checkbox"/> Caring <input type="checkbox"/> Compassion	<input type="checkbox"/> Fitness <input type="checkbox"/> Flexibility <input type="checkbox"/> Freedom	<input type="checkbox"/> Mindfulness <input type="checkbox"/> Order <input type="checkbox"/> Commitment	<input type="checkbox"/> Understanding <input type="checkbox"/> Unity <input type="checkbox"/> Vitality
<input type="checkbox"/> Connection <input type="checkbox"/> Contribution <input type="checkbox"/> Cooperation	<input type="checkbox"/> Friendliness <input type="checkbox"/> Forgiveness <input type="checkbox"/> Humour	<input type="checkbox"/> Respect <input type="checkbox"/> Responsibility <input type="checkbox"/> Safety	<input type="checkbox"/> Warmth <input type="checkbox"/> Willingness <input type="checkbox"/> Wonder
<input type="checkbox"/> Courage <input type="checkbox"/> Creativity <input type="checkbox"/> Curiosity	<input type="checkbox"/> Gratitude <input type="checkbox"/> Honesty <input type="checkbox"/> Industry	<input type="checkbox"/> Sensuality <input type="checkbox"/> Sexuality <input type="checkbox"/> Skillfulness	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____

Now circle the highest rated values and quickly ask yourself: "If I demonstrated these values each day, would I be the person I want to be?" If the answer is yes, great! You've learnt about yourself and what is important to you. If the answer is anything else, great! You've learnt that the values you think are important may not be the values that you want to embody. Ask yourself what values you would want to live by as opposed to what values are "good".