



Building Trust & Strengthening Relationships

TOP FIVE VALUES

Your values represent the most important pillars of your life. They help you understand what drives you, what you enjoy, and what inspires you. They also provide a foundation to make decisions. Values are not static. As life changes around us, our values adjust to our new level of awareness. Using our values we can create a life of deeper meaning and higher satisfaction.

Highlight or circle the top values you feel are *most important* to living authentically. This list is not exhaustive. We are all unique and so feel free to add any words that are missing which you feel are also important to you.

Accomplishment	Drive	Heroism	Recognition
Accuracy	Ease	Honesty	Reflection
Acknowledgment	Efficiency	Honor	Respect
Adventure	Effortless	Humour	Resourcefulness
Alignment	Empathy	Idealism	Romance
Ambition	Empowerment	Intimacy	Sacredness
Authenticity	Enthusiasm	Independence	Safety
Balance	Environment	Innovation	Security
Beauty	Excellence	Integrity	Self Esteem
Boldness	Fairness	Intuition	Self Expression
Calm	Family	Joy	Service
Challenge	Fellowship	Kindness	Sexuality
Collaboration	Flexibility	Learning	Simplicity
Community	Focus	Listening	Spirituality
Compassion	Forgiveness	Love	Spontaneity
Comradeship	Freedom	Loyalty	Strength
Confidence	Friendship	Optimism	Tact
Connectedness	Fulfillment	Orderliness	Teamwork
Content	Fun	Participation	Tolerance
Contribution	Generosity	Partnership	Tradition
Cooperation	Gentleness	Passion	Trust
Courage	Gratitude	Patience	Truth
Creativity	Grounded	Peace	Understanding
Curiosity	Growth	Playfulness	Unity
Dependability	Happiness	Presence	Vulnerability
Determination	Harmony	Productivity	Vitality
Directness	Health	Progression	Wisdom
Discovery	Helpfulness		



Top Values Continued

Review your choices and strike off words you recognise are not *crucial for you*.

Being selective with the remaining words choosing only those essential in your life right now, and/or those you deeply desire in your future. Identify your top 15 values.

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Next, decide which words are really most important. For example, if you chose honesty and helpfulness, ask yourself: if I had a top value of honesty instead of helpfulness, I would be okay with that. Similarly if I had a top value of helpfulness, but not honesty, I would be okay with that. You will quickly intuitively discover what is most important; what you are okay with or not. Know that you are not removing words from your personal list of values, simply putting others ahead of them. Keep the most important 10 words.

Next, think back to your life experiences when you have had to make very important decisions; situations when, no matter what others wanted, you had to do what worked for you. Examine the values critical in helping you to make these decisions? Perhaps you left a job, ended a relationship, or changed your lifestyle. These values were the pillars from which you choose to live by already. Remember times when you went against your better judgment. What value did you not honor or commit to resulting in a less than favorable outcome. Select the five you know you confidently stand by, or strongly desire to live into.

1. _____
2. _____
3. _____
4. _____
5. _____

Congratulations, you now have Your Top Five Values!

Make a decision to honor these values in everything you do moving forward and refer to them every day.