



## **Identifying Your Top 10 Values**

*An exercise from the Living and Loving Well field guide*

Most of us move through life making decisions every day — about relationships, work, boundaries, and priorities — without ever stopping to define what actually matters to us. When that happens, we often feel conflicted, uncertain, or pulled in too many directions at once.

This exercise is designed to help you clearly identify your **core personal values** — the principles that quietly guide your choices, shape your relationships, and influence how you experience the world. When your values are clear, decisions become simpler, boundaries feel more natural, and life begins to feel more aligned.

There is no right or wrong outcome here. This is not about becoming someone new — it's about **remembering who you already are**.

Take your time. Read through the steps first, then move through them slowly. This is meant to be reflective, not rushed.

### **The Exercise: Five Steps to Identify Your Core Values**

**Step 1: Begin with Awareness** - Start by noticing what matters to you **emotionally**, not intellectually. Think about moments in your life when you felt:

- Deeply fulfilled
- Proud of yourself
- At peace
- Hurt, frustrated, or disappointed

Strong emotions — both positive and negative — often point directly to our values. When something feels "off," it's usually because a value has been ignored or violated. Jot down words or ideas that surface as you reflect. Don't censor yourself.

**Step 2: Review the Values List** - Using the provided list of values (from *Living and Loving Well*), read through each word slowly. As you go, ask yourself:

- Does this feel important to how I want to live?
- Does this reflect who I am at my best?
- Do I feel resistance or relief when I read it?

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Highlight or circle **every value that resonates**, even slightly. At this stage, it's normal to have a long list.

**Step 3: Narrow the List with Honesty** - Now comes the more reflective part. Begin reducing your list by asking:

- If I had to choose between these two values, which would I keep?
- Which values feel essential — not aspirational, but lived?
- Which ones consistently show up in my decisions and conflicts?

Continue narrowing until you reach **10 values**. This may feel challenging — that's okay. The goal isn't perfection, it's honesty.

**Step 4: Define What Each Value Means to You** - This step is critical. Values like "honesty," "freedom," or "connection" can mean very different things to different people. For each of your top 10 values, write a **short personal definition** in your own words. For example:

- *Honesty* might mean "speaking truth even when it's uncomfortable."
- *Freedom* might mean "having autonomy over my time and choices."

These definitions turn abstract words into **practical guides** for your life.

**Step 5: Reflect and Iterate** - Once your list is complete, sit with it. Ask yourself:

- Do my current relationships support these values?
- Do my daily choices reflect them?
- Where am I honoring them — and where am I not?

You don't need to change anything immediately. Awareness alone begins the shift. Over time, this list becomes a compass you can return to whenever life feels confusing or out of alignment.

Identifying your core values is not a one-time task — it's a living process. As you grow and evolve, your understanding of these values may deepen or shift, but the clarity you gain here will continue to serve you. When you know what matters to you, you stop outsourcing decisions to fear, habit, or expectation. You begin navigating life with intention.

If this exercise stirred something within you, trust that. You're not behind — you're paying attention.

*(You may wish to revisit this exercise annually, or anytime life asks you to make an important decision.)*

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LIST OF VALUES		
Acceptance	Ethical equality	Persistence
Abundance	Excellence	Philanthropy
Accomplishment	Experience	Piety
Accountability	Expertise	Popularity
Accuracy	Exploration	Positivism
Achievement	Expressiveness	Potential
Acknowledgement	Fairness	Power
Activeness	Faith	Practicality
Adaptability	Fame	Pragmatism
Admiration	Family	Preparedness
Adoration	Fearlessness	Preservation
Adventure	Fidelity	Pride
Affection	Fierceness	Privacy
Affluence	Fitness	Proactivity
Agreeableness	Flexibility	Professionalism
Altruism	Focus	Progress
Ambition	Foresight	Prosperity
Amiability	Forgiveness	Prudence
Appreciation	Fortitude	Public Service
Art	Free Will	Punctuality
Assertiveness	Freedom	Purity
Assurance	Friendliness	Purposefulness
Attentiveness	Friendship	Quality
Attractiveness	Frugality	Realism
Autonomy	Fun	Reason
Availability	Gallantry	Recognition
Awareness	Generosity	Recreation
Balance	Gentleness	Refinement
Beauty	Giving	Reflection
Belonging	Grace	Relaxation
Benevolence	Gratitude	Reliability

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Bliss	Gregariousness	Religiousness
Calmness	Growth	Resilience
Caring	Guidance	Resolution
Challenge	Happiness	Resourcefulness
Change	Hard work	Respectfulness
Character	Harmony	Responsibility
Charity	Health	Restraint
Chastity	Heart	Romance
Clarity	Helpfulness	Sacredness
Cleanliness	Heroism	Sacrifice
Clear-mindedness	Holiness	Satisfaction
Collaboration	Honesty	Security
Comfort	Honor	Self-awareness
Commitment	Hopefulness	Self-control
Communication	Hospitality	Self-discipline
Companionship	Humility	Self-esteem
Compassion	Humor	Selflessness
Competency	Hygiene	Self-motivation
Completion	Idealism	Self-reliance
Composure	Imagination	Self-respect
Compromise	Impartiality	Sensitivity
Confidence	Improvement	Sensuality
Conformity	Independence	Serenity
Connection	Individuality	Service
Consciousness	Industry	Sexuality
Consideration	Influence	Sharing
Consistency	Ingenuity	Shrewdness
Contentment	Innocence	Significance
Continuity	Innovativeness	Silence
Control	Inspiration	Silliness
Conviction	Integrity	Simplicity
Cooperativeness	Intelligence	Sincerity
Courage	Intensity	Skillfulness
Courteousness	Intimacy	Solidarity
Creativity	Intuition	Solitude
Credibility	Inventiveness	Spirit
Critical Thinking	Investing	Spirituality
Cunning	Joyfulness	Spontaneity
Curiosity	Judiciousness	Stability
Daring	Justice	Stewardship
Decisiveness	Kindness	Strength
Dedication	Knowledge	Structure
Dependability	Leadership	Success

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Depth	Learning	Support
Desire	Liberty	Sympathy
Detachment	Logic	Tactfulness
Determination	Longevity	Teamwork
Devotion	Lovingness	Temperance
Dexterity	Loyalty	Thankfulness
Dignity	Manners	Thoughtfulness
Diligence	Maturity	Thrift
Direction	Mercy	Tolerance
Discipline	Moderation	Traditionalism
Discovery	Modesty	Tranquility
Diversity	Money	Tranquility
Duty	Morality	Transcendence
Eagerness	Motivation	Trust
Ecstasy	Nonviolence	Truth
Education	Nurturing	Understanding
Effectiveness	Obedience	Uniqueness
Efficiency	Open-mindedness	Unity
Effort	Optimism	Unselfishness
Empathy	Order	Usefulness
Empowerment	Organization	Utility
Encouragement	Originality	Valor
Endurance	Patience	Vision
Energy	Patriotism	Vitality
Enjoyment	Peace	Wealth
Entertainment	Peacefulness	Willingness
Enthusiasm	Perfection	Wisdom
Equality	Perseverance	Wit

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