

Values Exercise

Values you have around _____

Step 1

Complete a list of at least 9 values (what is important to you) in the left hand column in order you think of them.

Step 1: Values - Important to me	Step 2: Order of Importance
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.

Step 2

Prioritise your Values into the second column.

There is a **very specific way** to do this. Take your first value and compare it with your second value. Ask yourself, **"Is this value more important than the next value in the list?"** Take the one you consider more important and compare it with the next value, and the next value etc. Continue comparing values, until you have one value that has been compared with every other value (one at a time) and you have determined that it is more important than any of the others in the list. This is value 1 in the right hand column. Cross that value off your left hand column.

Repeat the process from the top again, until you have a second value that has been compared to every other value (again asking the question, one value at a time). This is your second priority value. Add it to the right hand column. Continue with this until you have your top 4 values.

Values List

Content	Sexuality	Fortitude	Willingness	Invincibility
Liked	Godlike	Mercy	Constance	Rest
Sensible	Grace	Healing	Accepted	Revelation
Love	Modest	Service	Wisdom	Wholeness
Genuine	Appreciation	Ease	Variety	Focus
Giving	Happy	Hope	Unity	Freedom
Alive	Forgiveness	Attention	Tradition	Consideration
All knowing	Self-awareness	Patience	Synchronicity	Safe
Motivation	Adaptable	Empathy	Protection	Harmony
Spontaneous	Sensuality	Positive	Purity	Inspirational
Approved	Loyal	Balance	Understanding	Moderation
Aspiration	Dedicated	Abundance	Certainty	Intimacy
Assertive	Delight	Fulfilment	Innocence	Goodness
Honesty	Gratitude	Adventurous	Innovation	Completion
Open-mindedness	Spiritual	Serenity	Creative	Fit
Organisation	Devotion	Alert	Clear sighted	Flexibility
Tolerance	Different	Magnificence	Friendship	Wonder
Availability	Diligent	Meditative	Limitlessness	Worthy
Power	Health	Solid	Courageous	Reward
Practical	Success	Determination	Creative	Stability
Believed	Oneness	Nurture	Curious	Attainment
Brave	Surprise	Obedience	Sincerity	Ethical
Enlightenment	Humour	Service	Sober	
Individuality	Authenticism	Substantial	Grounding	
Quiet	Empowerment	Devine	Guided	
Unique	Transformation	Optimism	Stable	
Cherished	Transitional	Learning	Steady	
Insight	Endorsement	Attuned	Still	
Recognition	Energetic	Impartiality	Assured	
Reconciliation	Independence	Tranquillity	Honour	
Commitment	Purified	Enchantment	Support	
Compassion	Understood	Encouragement	Humble	
Responsibility	Eternal	Prosperity	Peace	
Wealth	Evolution	Truth	Touch	
Welcome	Recuperation	Cared for	Improvement	
Connection	Value	Centeredness	Harmony	
Knowledge	Vision	Equality	True	
Logic	Expression	Real	Trustworthy	
Comfort	Faith	Childlike	Calm	
Strength	Composure	Clear	Enrichment	
Sympathy	Confidence	Experience	Enthusiasm	
Perseverance	Validation	Retirement	Unselfish	
Liberation	Kindness	Release	Excitement	
Cooperation	Satisfaction	Vitality	Inspiration	
Generous	Security	Involvement	Integration	
Gently	Respect	Joy	Virtue	
	Action	Justice	Visionary	