

Values Exercise

Clarifying your *personal values* is an important component of increasing self-awareness and achieving alignment in all aspects of your life. In addition, as you embark on your own personal JEDI journey, staying connected to your values will aid you in showing up as your best self.

Choose the 10 – 15 values that you feel are most important at this time. Take some time to notice what resonates with you as you review this list. Feel free to add your own value (s) if not listed.

Next, narrow the list down to 4-6 top values. These are the values that would be a great loss for you to not have in your life.

Achievement
Accuracy
Acknowledgment
Advancement
Adventure
Aesthetics
Affection
Authenticity
Autonomy
Beauty
Caring
Challenge
Change
Contribution
Collaboration
Community
Connectedness
Comradeship
Creativity
Directness
Economic security
Empowerment
Excellence
Excitement
Elegance
Family happiness
Free spirit

Free time
Focus
Forward the action
Freedom
Friendship
Growth
Integrity
Independence
Intellectual status
Health
Help others
Help society
Humor
Harmony
Honesty
Joy
Justice
Knowledge
Lack of pretense
Leadership
Leisure
Lightness
Location
Loyalty
Nurturing
Orderliness

Partnership
Participation
Performance
Personal power
Peace
Pleasure
Productivity
Power
Precision
Recognition
Responsibility
Romance
Risk-taking
Self-expression
Spirituality
Success
Service
Stability
Time Freedom
Tradition
Trust
Vitality
Wealth
Wisdom
Zest
Add your own

Resources:

https://www.mindtools.com/pages/article/newTED_85.htm

<https://hbr.org/2020/11/what-are-your-personal-values>

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