

# Values Exercise

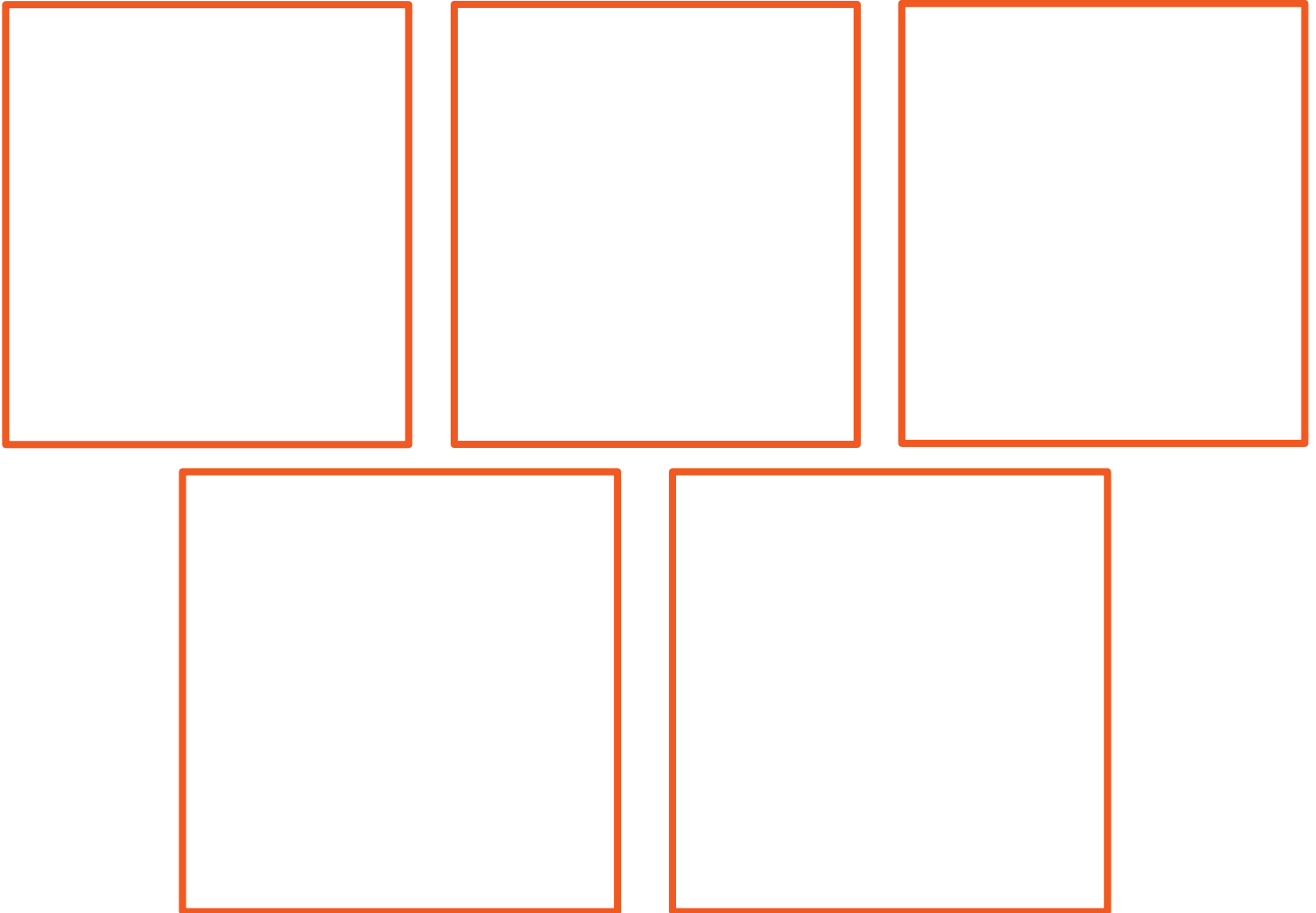
***Values are like fingerprints. Nobody's are the same, but you leave them all over everything you do.***

— Elvis Presley

**1. Circle** 20 to 25 words from the list below that best represent your values, the things most important to you. Add a value to the list if required.

- Character
- Open & Honest People
- Affection (Love & Caring)
- Nature
- Respect From Others
- Advancement & Promotion
- Control
- Loyalty
- Influencing Others
- Job Challenge
- Public Service
- Status
- Honesty
- Religion
- Action
- Market Position
- Economic Security
- Efficiency
- Excellence
- Self-Respect
- Fulfillment
- Inner Harmony
- Personal Development
- Growth
- Openness & Honesty
- Country
- Sophistication
- Democracy
- Time Freedom
- Innovation
- Quality Relationships
- Well-being (Health)
- Home
- Motivation
- Security
- Integrity
- Children
- Competition
- Work Under Pressure
- Financial Risk
- Toys (cars, boats, bikes, etc)
- Arts
- Competence
- Stability
- Clear Communication
- Order (Tranquility, Stability)
- Leadership
- Fast-Paced Work
- Accountability
- Cooperation
- Working With Others
- Investment
- Balance Life & Work
- Giving / Giving Back
- Creativity
- Merit
- Serenity
- Privacy
- Wealth
- Truth
- Expertise
- Customer Service
- Friendship
- Intellectual
- Pleasure
- Fast-Living
- Effectiveness
- Physical Challenge
- Close Relationships
- Courage
- Meaningful Work
- Satisfaction
- Teamwork
- Ethical Practice
- Financial Gain
- Learning
- Persistence
- Change & Variety
- Humour
- Recognition
- Relationships
- Achievement
- Reputation
- Community
- Knowledge
- Excitement
- Fame
- Money
- Trust
- Job Promotion
- Science
- Self-Motivation
- Helping Society
- Freedom
- Challenging Problems
- Ecological Responsibility
- Family
- Responsibility
- Wisdom
- Decisiveness
- Supervising Others
- Involvement
- Governance
- Independence
- Financial Security
- Order
- Intellectual Challenge
- Power & Authority
- Working Alone
- Job
- Commitment
- Adventure
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**2. Group** the words you circled from the previous page together into 5 categories. Put the words with similar meaning or that fit easily together in the same category.

The image contains five empty rectangular boxes with orange borders, arranged in two rows. The top row has three boxes of equal width, and the bottom row has two boxes of equal width, centered under the first two boxes of the top row. These boxes are intended for students to place words from the previous page into five distinct categories based on similar meanings.

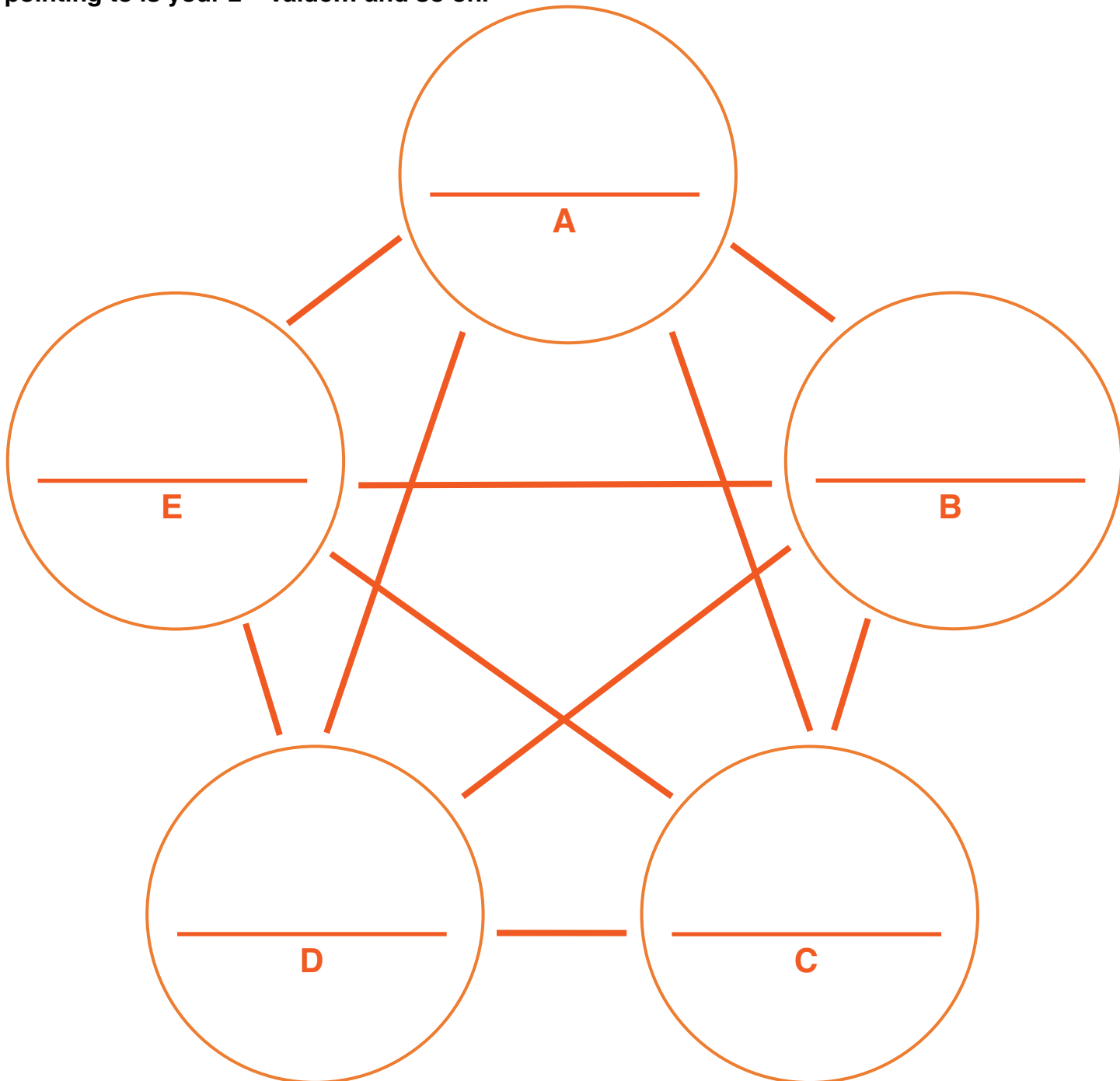
**3. Choose** a word that best represents each category above and write it below. These are your 5 values.

- a)
- b)
- c)
- d)
- e)

**4. Write** your 5 values from the previous page in the 5 circles below.

**5. Rank** your values by comparing the two values connected by each line. Decide which of the 2 values is more important in comparison with the other value, then make the line connects the two values into an arrow, pointing the arrow at which values is deemed more important. Do this for all the lines connecting the values.

**6. Count** the number of arrows that point to each circle. The circle with the most number of arrows pointing to it is your 1<sup>st</sup> value, the circle with the second most number of arrows pointing to it is your 2<sup>nd</sup> value... and so on.



**7. Write** your values in hierarchical order in the space below. For each value write a clear and concise statement about what that value means to you. Your values statement should be no more than 10 words. For example:

**Value:** Success

**Value Statement:** Enough financial success to enjoy the luxuries of life.

**Value:** Freedom

**Value: Statement:** Ability to live an unconventional life.

**Value:** Leadership

**Value: Statement:** Learn and grow and inspire others to do the same.

Value	Value Statement
1.	
2.	
3.	
4.	
5.	

**8. Create** an ‘action to live by’ for each value, that is something you can do or a way of ‘being’ that takes you living this value to the next level. For example:

**Value:** Leadership    **Value Statement:** Being my best to lead by example

**Action to Live By:** Speak up, even when it’s uncomfortable  
(Speaking up will take living your leadership value to the next level)

**Value:** Well-being    **Value Statement:** Being emotional, physical and spiritual health

**Action to Live By:** Put me first  
(Putting me first will take your living your value of well-being to the next level)

**Value:** Successful    **Value Statement:** Excel in business and enjoy the success

**Action to Live By:** Acknowledge and plan a reward for my accomplishments  
(Acknowledging/rewarding your accomplishments will take you living your value of successful to the next level)

Values & Value Statement	Action To Live By
#1 Value	
Value Statement	
#2	
#3	
#4	
#5	

\*Creating ‘actions to live’ by can be challenging to do by yourself. Try working with someone or contact Pocket Ninja Strategies for a complimentary session.