



WORKBOOK

IDENTIFYING YOUR VALUES

Module 3 - Spiritual

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Best wishes,

Maryia Oayda

INTRODUCTION

IDENTIFYING YOUR VALUES

TO BE USED ONLINE & OFFLINE

In this particular exercise you will identify your core values. Values are the core and a big part of our identity. Yet, many people go through their entire lives without ever understanding what their core values are. Your core values and your beliefs are determined and shaped over many years almost entirely by external stimuli. We are born with the capacity to learn how to live and what to value. Our parents, schools, and religion, the economy, the culture and everything basically that surrounds us developed our vision and our core values. Values are crucially important because they drive your behaviour from the moment you start your day in the morning to the moment you fall back to sleep in the evening

In fact, they can be not even really your own values. You've simply acquired them through exposure to a million and one different things during your life. You are not born with values any more than they are born with a belief system that you inherited from your parents.

In this lesson you have the opportunity to look at yourself out of the box, separate yourself from the outside world and truly understand what motivates you at the deepest level!

Wishing you good luck and see you in the next lesson!

EXERCISE: IDENTIFYING YOUR VALUES

To begin to explore more deeply your core values respond to the following questions:

1. What are your biggest goals in life?
2. Let's jump ahead to the end of your life. What are the three most important lessons you have learned? Why are they so critical?
3. If you had to pick one person who you respect most, who would it be? What are their core values? Describe three qualities the individual possesses that you most admire.
4. Who are you at your best?
5. Who is my best friend? What are his/her top three qualities?
6. What one-sentence inscription would you like to see on your tombstone that would capture who you really were in your life?
7. What are the three things I hate? (e.g., cruelty to animals, credit card companies, deforestation, etc.)

EXERCISE: IDENTIFYING YOUR VALUES

LIST OF VALUES

Acceptance	Charity	Creativity
Accomplishment	Cleanliness	Credibility
Accountability	Clear	Curiosity
Accuracy	Clever	Decisive
Achievement	Comfort	Decisiveness
Adaptability	Commitment	Dedication
Alertness	Common sense	Dependability
Altruism	Communication	Determination
Ambition	Community	Development
Amusement	Compassion	Devotion
Assertiveness	Competence	Dignity
Attentive	Concentration	Discipline
Awareness	Confidence	Discovery
Balance	Connection	Drive
Beauty	Consciousness	Effectiveness
Boldness	Consistency	Efficiency
Bravery	Contentment	Empathy
Brilliance	Contribution	Empower
Calm	Control	Endurance
Candor	Conviction	Energy
Capable	Cooperation	Enjoyment
Careful	Courage	Enthusiasm
Certainty	Courtesy	Equality
Challenge	Creation	Ethical

EXERCISE: IDENTIFYING YOUR VALUES

LIST OF VALUES

Excellence	Happiness	Lawful
Experience	Hard work	Leadership
Exploration	Harmony	Learning
Expressive	Health	Liberty
Fairness	Honesty	Logic
Family	Honor	Love
Famous	Hope	Loyalty
Fearless	Humility	Mastery
Feelings	Humor	Maturity
Ferocious	Imagination	Meaning
Fidelity	Improvement	Moderation
Focus	Independence	Motivation
Foresight	Individuality	Openness
Fortitude	Innovation	Optimism
Freedom	Inquisitive	Order
Friendship	Insightful	Organization
Fun	Inspiring	Originality
Generosity	Integrity	Passion
Genius	Intelligence	Patience
Giving	Intensity	Peace
Goodness	Intuitive	Performance
Grace	Joy	Persistence
Gratitude	Justice	Playfulness
Greatness	Kindness	Poise
Growth	Knowledge	Potential

EXERCISE: IDENTIFYING YOUR VALUES

LIST OF VALUES

Power	Sharing	Thoughtful
Present	Significance	Timeliness
Productivity	Silence	Tolerance
Professionalism	Simplicity	Toughness
Prosperity	Sincerity	Traditional
Purpose	Skill	Tranquility
Quality	Skillfulness	Transparency
Realistic	Smart	Trust
Reason	Solitude	Trustworthy
Recognition	Spirit	Truth
Recreation	Spirituality	Understanding
Reflective	Spontaneous	Uniqueness
Respect	Stability	Unity
Responsibility	Status	Valor
Restraint	Stewardship	Victory
Results-oriented	Strength	Vigor
Reverence	Structure	Vision
Rigor	Success	Vitality
Risk	Support	Wealth
Satisfaction	Surprise	Welcoming
Security	Sustainability	Winning
Self-reliance	Talent	Wisdom
Selfless	Teamwork	Wonder
Sensitivity	Temperance	
Serenity	Thankful	
Service	Thorough	