Personal Values

Use the table below to begin discovering your values. Run through the personal values listed and circle those that are really important to you.

assertiveness  security  education  creativity  equality  conforming
respect for others  appearance  happiness  competition  health  hope
social recognition  authority  religion  relationships  trust  perfectionism
participation  honesty  pleasure  peace  loyalty  tolerance
caring for others  wealth  caring  forgiveness  courage  kindness
spirituality  unity  integrity  power  joy  influence
friendship  love  justice  success  family  career
authenticity  fame  truth  status  wisdom  acceptance
enthusiasm  health  passion  risk  optimism  caring
compassion  excellence  innovation  balance  teamwork  fun
open-mindedness  pride  results  achievement  fairness  decisiveness

Are there any values that are not in the list but are important to you? Add these to your list.

Using the values circled above prioritize your top 5 values.

1. _____________________  Most important
2. _____________________
3. _____________________
4. _____________________
5. _____________________

Take Action!

Now you have a good idea of the values that are really important to you. Take action, and spend some time this week becoming aware of how you put these values into practice.

Choose two of those values in your top 5, write them down, and focus on putting these personal values into practice this week.

Find out more at www.change-management-coach.com/personal-values.html