

VALUES FOR PURPOSEFUL LIVING

Adapted from *The Confidence Gap* by Russ Harris (2011)

Values are the things you want to stand for as a human being, the qualities you desire to personify as you go through life. They are different from goals – goals are specific, measurable, time-based activities that you can achieve and cross off a list (e.g. packing an overnight bag for a weekend away with friends) – values are less specific, and are about how you want to behave or act on an ongoing basis (e.g. to be friendly, adventurous, and connect with others). Therefore, there aren't any "right" or "wrong" values, as they are more a matter of preference and ways which you want to be "on purpose".

There are hundreds of different values, so this is just a list of some common ones. Some will not be relevant to you. You may think that almost all of these are valuable qualities that you would like to have, but some will resonate with you more than others – look for those.

Read through the list below and write a letter next to each value: Very Important (V), Quite Important (Q), or Not So Important (N). Make sure to score *at least twelve of them as Very Important*.

V | Q | N

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| Acceptance: to be open to and accepting of myself, others, life and so on | |
| Adventure: to be adventurous; to actively seek, create, or explore novel or stimulating experiences | |
| Affection: to be demonstrative; to act affectionately towards myself or others | |
| Assertiveness: to respectfully stand up for my rights and request what I want | |
| Authenticity: to be authentic, genuine, real; to be true to myself and show that to others | |
| Beauty: to appreciate, create, nurture or cultivate beauty in myself, others, the environment and so on | |
| Caring: to be caring towards myself, others, the environment and so forth | |
| Challenge: to keep challenging and provoking myself to grow, learn, improve | |
| Compassion: to act with kindness and concern towards those who are suffering | |
| Connection: to engage completely in whatever I am doing, and be fully present with others | |
| Conscientiousness: to be diligent, meticulous, dependable | |
| Contribution: to contribute, help, assist, or make a positive difference to myself or others | |
| Conformity: to be obedient and respectful of rules and obligations | |
| Cooperation: to be cooperative and collaborative with others | |
| Courage: to be brave; to persist in the face of fear, threat, or difficulty | |
| Creativity: to be creative or innovative; develop fresh ideas | |
| Curiosity: to be curious, open-minded and interested; to explore and discover | |
| Encouragement: to reassure, encourage and reward behaviour that I value in myself or others | |
| Empathy: to share others' feelings, step out of my ideas, and see the world through their eyes not my own | |
| Equality: to treat others as equal to myself, and vice-versa | |
| Excitement: to seek, create and engage in activities that are exciting, stimulating or thrilling | |
| Fairness: to be fair to myself or others; even-handed | |
| Fitness: to maintain or improve my fitness; to look after my physical and mental health and wellbeing | |
| Flexibility: to adjust and adapt readily to changing circumstances, situations or people | |
| Freedom: to live freely; to choose how I live and behave, or help others do likewise | |
| Friendliness: to be friendly, companionable, or agreeable towards others | |
| Forgiveness: to be forgiving towards myself or others | |
| Fun: to be fun-loving or playful; to seek, create, and engage in fun-filled activities | |
| Gratitude: to be grateful for and appreciative of the positive aspects of myself, others and life | |
| Honesty: to be honest, truthful, and sincere with myself and others | |
| Humour: to see and appreciate the absurd or humorous side of life | |
| Humility: to be humble or modest; unassuming; to let my achievements speak for themselves | |

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| Industry: to be industrious, hard-working, dedicated | |
| Independence: to be self-supportive, and choose my own way of doing things | |
| Intimacy: to open up, reveal, and share myself (emotionally/physically) in my close personal relationships | |
| Justice: to uphold justice; to be impartial and fair-minded | |
| Kindness: to be compassionate, considerate, nurturing or caring towards myself or others | |
| Love: to act lovingly or warmly towards myself or others | |
| Mindfulness: to be conscious of, open to, and curious about my here-and-now experience | |
| Order: to be orderly and organized | |
| Open-mindedness: to think things through, see things from other's perspective, and weigh evidence fairly | |
| Patience: to be forbearing, refraining from action; waiting calmly for what I want | |
| Perceptiveness: to be attentive, insightful; sensitive to changes and attentive to detail | |
| Persistence: to continue resolutely, despite problems or difficulties. | |
| Pleasure: to create and give pleasure to myself or others | |
| Poise: to be serene, composed, dignified; having equilibrium | |
| Power: to strongly influence or wield authority over others, e.g. taking charge, leading, organizing | |
| Proactive: to think ahead and take initiative, be self-directed | |
| Reciprocity: to build relationships in which there is a fair balance of giving and taking | |
| Respect: to be respectful towards myself or others; to be polite, considerate and show positive regard | |
| Responsibility: to be responsible and accountable for my actions | |
| Romance: to be romantic; to display and express love or strong affection | |
| Safety: to secure, protect, or ensure safety of myself or others | |
| Self-awareness: to be aware of my own thoughts, feelings and actions | |
| Self-care: to look after my health and wellbeing, and get my needs met | |
| Self-development: to keep growing; improving in knowledge, skills, character, or life experience | |
| Self-control: to be disciplined, to act in accordance with my own ideals | |
| Selflessness: to be others-focussed, concerned more with their needs than with my own | |
| Sensuality: to create, explore and enjoy experiences that stimulate the five senses | |
| Sexuality: to explore or express my sexuality | |
| Shrewdness: to be astute or sharp, have a keen understanding | |
| Skilfulness: to continually practice and improve my skills, and apply myself fully when using them | |
| Spirituality: to connect with things bigger than myself | |
| Supportiveness: to be supportive, helpful, encouraging, and available to myself or others | |
| Sustainability: to be conscious of the environmental impact of my behaviour; supporting ecological balance | |
| Trust: to be trustworthy; to be loyal, faithful, sincere, and reliable | |
| Welcoming: to be welcoming, hospitable, courteous and available | |
| Wisdom: to be discerning, understanding, level-headed; able to apply intelligence and knowledge | |
| Insert your own unlisted value here: | |

Once you've marked each value as Very, Quite, or Not so important, review your "Very Important" values, and **circle** the **top six** that are **most important** to you. Write those six values out below, to remind yourself this is what you want to stand for as a human being. Then see if you can come up with a specific behaviour you can do today to live it out.

e.g. Wisdom – being understanding and level-headed – spend more time listening than speaking in the next meeting; concentrating on hearing what others are *actually* saying instead of listening and reacting to *my interpretation or thoughts about* what they say.