

# Discovering Your Values

As you read through the values, choose ones that evoke a feeling in you, ones that make you feel excited, energised, connected or grounded. Try not to overthink this process. There are no right or wrong answers.

Once you've chosen your values and explored them further you can revisit this list, reassess and develop further.

**From the list below, write down every core value that resonates with you.**

Abundance	Family	Loyalty
Achievement	Friendship	Mindfulness
Adventure	Flexibility	Motivation
Ambition	Freedom	Openness
Autonomy	Fun	Optimism
Balance	Generosity	Originality
Beauty	Grace	Organisation
Calmness	Growth	Passion
Charity	Happiness	Professionalism
Challenge	Honesty	Peace
Cleverness	Humility	Playfulness
Curiosity	Humour	Respectfulness
Connection	Integrity	Righteousness
Collaboration	Inclusivity	Safety
Compassion	Individuality	Security
Community	Innovation	Stability
Contribution	Inspiration	Service
Creativity	Intuition	Simplicity
Courage	Joy	Spirituality
Enjoyment	Kindness	Teamwork
Ease	Knowledge	Trustworthiness
Expression	Love	Understanding
Equality	Lightness	Wealth
Enthusiasm	Learning	Wisdom



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From the list you created, group the values in a way that makes sense to you personally.

See the example below.

Adventure	Collaboration	Grace	Creativity
Enjoyment	Compassion	Mindfulness	Learning
Playfulness	Loyalty	Simplicity	Ambition
Fun	Charity	Respectfulness	Growth
Curiosity	Connection	Calmness	Passion
Freedom	Community	Kindness	Professionalism
	Friendship		Challenge
	Family		Contribution
	Generosity		
	Equality		

Choose one word from each grouping that represents the entire group.

See the example below.

Adventure	Collaboration	Grace	Creativity
Enjoyment	Compassion	<b>Mindfulness</b>	Learning
<b>Playfulness</b>	Loyalty	Simplicity	Ambition
Fun	Charity	Respectfulness	Growth
Curiosity	<b>Connection</b>	Calmness	<b>Passion</b>
Freedom	Community	Kindness	Professionalism
	Friendship		Challenge
	Family		Contribution
	Generosity		
	Equality		



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