

What Do You Value?

Deep down inside you have a set of values that are really important to you - things you truly love. Identifying these values and aligning them to the action you take daily can assist you to live an inspired life. Following are a list of questions to help you identify your values.

What is important to you?

What sort of person are you?

How do you fill your space?

What do you talk about the most?

Where are you most organised/disciplined in your life?

How do you spend your money?

What movies, books, songs and famous people do you love? Why do you love these things or people so much? Do you see any themes or personality traits that resonate with you? If so, what are they?

What personal traits do you get complimented on the most?

If you were viewing your life as an 80-year old - what would you answer in relation to the following questions?

* I spent too much time worrying about

* I wish I spent more time

* If I could live my life again, I would

What are the values in your ideal relationship?

What are you most inspired about?

After reflecting on your answers, do you see any recurring themes? If so, what are they?

Finish the sentence - my top 6 to 10 values in life are:

Memory Jogger of Values

Following are some examples of values that may be able to jog your memory and help you identify what is important to you.

Abundance	Clarity	Diversity	Grace	Love	Recognition
Acceptance	Cleanliness	Ease	Gratitude	Loyalty	Reflection
Accomplishment	Collaboration	Education	Growth	Marriage	Relationships
Accountability	Commitment	Efficiency	Guidance	Mastery	Reliability
Accuracy	Communication	Empathy	Happiness	Meaning	Reputation
Acknowledgement	Compassion	Encouragement	Harmony	Mindfulness	Resilience
Adaptability	Competence	Energy	Health	Money	Respect
Adventure	Competition	Enjoyment	Helpfulness	Nature	Responsibility
Affection	Completion	Enthusiasm	Heroism	Non-violence	Risk-taking
Affluence	Concentration	Equality	Holiness	Openness	Romance
Alertness	Confidence	Ethics	Honesty	Opportunity	Safety
Altruism	Congruency	Excellence	Hopefulness	Order	Satisfaction
Ambition	Connection	Experience	Humility	Organisation	Self-control
Appreciation	Consciousness	Exploration	Humour	Passion	Self-reliance
Approachability	Consistency	Fairness	Imagination	Patience	Self-respect
Attentiveness	Continuity	Faith	Independence	Peace	Sensitivity
Attractiveness	Contribution	Fame	Individuality	Perseverance	Sensuality
Awareness	Control	Family	Influence	Persistence	Service
Balance	Cooperation	Fearlessness	Insightfulness	Playfulness	Silence
Beauty	Courage	Fidelity	Inspiration	Pleasure	Simplicity
Belonging	Creativity	Fitness	Integrity	Power	Sincerity
Blissfulness	Credibility	Flexibility	Intelligence	Practicality	Spirituality
Bravery	Curiosity	Flow	Intimacy	Precision	Systemisation
Calmness	Daring	Focus	Intuitiveness	Preparedness	Teamwork
Caring	Decisiveness	Forgiveness	Involvement	Presence	Tidiness
Celebrity	Dependability	Freedom	Joy	Privacy	Trust
Certainty	Determination	Friendship	Justice	Professionalism	Truth
Challenge	Dignity	Frugality	Kindness	Prosperity	Unity
Change	Discipline	Fun	Knowledge	Punctuality	Wealth
Charity	Discovery	Generosity	Leadership	Quality	Wisdom
Cheerfulness	Discretion	Giving	Learning	Reason	Zest