

BODACIOUS

Values

Our values form the cornerstones of our personality and therefore our lives. It is important that we have a clear idea of what our values are. This helps us to make sure that we are living our life in a way that is true to ourselves and that we are making choices that are right for us.

This exercise will take about half an hour. To find out your top five values study the list of words below (you can add more if you wish and circle each word that is important to you. It doesn't matter at this stage how many you end up with.

Achievement Freedom Security Adventure Growth Kindness Self-discipline Beauty
Happiness Knowledge Self-esteem Charity Health Leadership Community Love Spirituality
Creativity Peace Strength Dignity Humility Power Supportiveness Ethics Independence
Pride Risk Family Individuality Reason Trust Friendship Integrity Respect Truth Fun
Intimacy Adventure Risk The Unknown Thrill Dare Gamble Experiment Exhilaration
Venture Beauty Grace Refinement Elegance Loveliness Radiance Magnificence Impact
Move forward Touch Coach Encourage Influence Stimulate Energise Alter Serve Improve
Help Nurture Provide Design Invent Imagination Ingenuity Originality Plan Build Perfect
Inspire Learn Detect Research Uncover Observe Sense Feel good Be with Guide Inspire
Interest Govern Persuade Accomplish Attain Score Acquire Win over Triumph Expert
Adept Superiority Best Outdo Set standards Excellence Fun Laughter Entertainment Play
Sport Be connected Part of community Family United Tenderness Empathy Support
Compassion Accept Devotion Passionate Religion Educate Instruct Enlighten Inform
Prepare Uplift

Now put the words in order of importance – go with your gut feeling, don't think about it too much! You'll probably have quite a long list and you need to get it down to five:

Eliminate any words that you feel you can now. To get your list down to five, take the first word on your list and compare it in turn with every other value – has it remained in first place? Repeat this exercise with each word on your list until you are happy that you have your list in the correct order for you. Now take your top five words and these are your values.

Now you know what your values are, you can use your list as a tool. Are you working in line with your values? For example, if you are working in a highly regulated environment where meticulous attention to detail is required and adventure or freedom come at the top of your values list, it may explain if you have been feeling bleh about work lately!

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