

What are your personal values? How to define and live by them.

Personal values are the ideas and concepts that are important to us. These values form the basis of the characteristics and behaviors that motivate us and guide our decisions.

For example, maybe you value honesty. You believe in being honest wherever possible and you think it's important to say what you really think. When you don't speak your mind, you may feel disappointed or frustrated in yourself. If you tell a lie, you may feel that you have betrayed yourself.

Or maybe you value kindness. You jump at the chance to help other people, and you're generous in giving your time and resources to worthy causes or to friends and family. When you are unable to help another, you may feel guilty or disappointed in yourself.

Those are just two examples of personal values out of many. Everyone has their own personal values, and they can be quite different, depending your life experience, your family, your interests, your lifestyle, your age, your geographical location, etc.

Some people are competitive, while others value cooperation. Some people value adventure, while others prefer security.



Values matter because you're likely to feel better if you're living according to your values and if you know what motivates you. You may feel worse if you don't. This applies both to day-to-day decisions and to larger life choices.

On the back side of this sheet is a list of personal values.

This is by no means an exhaustive list; you may be able to think of many more that apply to you or others that you know.

Personal Values

Accountability	Ease with Uncertainty	Kindness
Achievement	Enthusiasm	Leadership
Adaptability	Entrepreneurship	Listening
Ambition	Environment	Making a Difference
Attitude	Efficiency	Open Mindedness
Authenticity	Ethics	Patience
Awareness	Excellence	Perseverance
Balance	Fairness	Professional Growth
Being the best	Family	Personal Growth
Caring	Financial Stability	Power
Coaching	Forgiveness	Recognition
Mentoring	Friendship	Reliability
Commitment	Future Generations	Respect
Community	Generosity	Risk Taking
Compassion	Health	Safety
Competence	Honesty	Self-discipline
Conflict Resolution	Humility	Success
Continuous Learning	Humour/Fun	Teamwork
Cooperation	Independence	Trust
Communication	Integrity	Vision
Courage	Initiative	Wealth
Creativity	Intuition	Well-being
Discussion	Job Security	Wisdom