



Values are "the beliefs people have, especially about what is right and wrong and what is most important in life, that control their behavior." (Cambridge Dictionary). **Our values assist us in time management, priorities, and feeling purpose and fulfillment.** When we know our values, we can increase in knowing when to say "yes" and "no," which assists with boundaries and time management. Knowing our values helps us decide what is a priority in tasks and connection during the day. Below is an activity to assist in identifying and working with our values.



Identifying Values

I was taught this first activity of Identifying Values by therapist Shelby Harris. I am unsure if she created it or gathered it from another sources.

LIST	(1) Look at a list of "core values" or "list of values." Go to your favorite search engine, type in one of these phrases, and look at list of values that include at least 75 or more value words. On the final page is one option. Source: https://thehappinessplanner.com/pages/list-of-core-values?srltid=AU7gw4Vv1pvltaMikmMFP4DvBgL2m1ePPXV1A4cESz6eY7dqp5GrZ87s
TOP 20	(2). Write a list of your top 20 from this list. What words resonate with you? Which ones bring up dreams/goals you have? Which ones generate a positive feeling?
TOP 10	(3). From your list of 20 reduce it to a list of 10. Which word could represent many words? Which represent your dream, goals, joys, hopes, the most?
TOP 5	(4) From your list of 10, choose your top 5.



Noticing Our Values

Taking time to brainstorm allows creativity and dreams to thrive. It allows outside of the box thinking along with generating practical steps.

LIST of 5	Take each word and brainstorm on ways to live out this value from daily life to complex activities.

Examples	For example: Value word "peace." Daily life: learn communication skills including conflict communication skills. Daily life: visualizing and deep breathing Task: volunteer with an advocacy group. Task: once a month write and mail affirmation cards to friends and family
Overlap	Some activities may overlap between the 5 values. For example writing affirmation cards applies to peace and to community.



Celebrating Our Values

Taking time to notice our progress helps us with celebrating each step and inviting in feelings of accomplishment or fulfillment. This gives our brain positive evidence.

Notebook	Whether you decorate, purchase a tabbed notebook, or keep 5 pieces of paper, generate a way to make lists throughout the year.
List	<p>Have each sheet be labeled with one value word (per sheet) and any synonyms that allow to it that resonate with you.</p> <p>For example: <u>Community</u> <i>Friendship, Love, Nurture, Empower.</i></p> <p><i>Periodically throughout the year, write down ways you lived out that value word.</i></p> <p>For example: <u>Community</u> <i>Friendship, Love, Nurture, Empower.</i> Volunteered at____ Advocacy on social media Called a friend Emailed family Went to local event ____</p>
Reward	Consider at the end of each quarter or at the end of the year, celebrating how you lived out your values. Perhaps you and a friend share your notebooks with each other and go out to lunch. Perhaps, you read your lists and binge a favorite show or cook a favorite meal.

Source: <https://thehappinessplanner.com/pages/list-of-core-values?srsltid=AU7gw4Vv1pvltaMikmMFP4DvBgL2m1ePPXV1A4cESz6eY7dqp5GrZ87s>

List of 230 Personal Core Values

Acceptance	Courage	Genius	Optimism	Smart
Accomplishment	Courtesy	Giving	Order	Solitude
Accountability	Creation	Goodness	Organization	Spirit
Accuracy	Creativity	Grace	Originality	Spirituality
Achievement	Credibility	Gratitude	Passion	Spontaneous
Adaptability	Curiosity	Greatness	Patience	Stability
Alertness	Decisive	Growth	Peace	Status
Altruism	Decisiveness	Happiness	Performance	Stewardship
Ambition	Dedication	Hard work	Persistence	Strength
Amusement	Dependability	Harmony	Playfulness	Structure
Assertiveness	Determination	Health	Poise	Success
Attentive	Development	Honesty	Potential	Support
Awareness	Devotion	Honor	Power	Surprise
Balance	Dignity	Hope	Present	Sustainability
Beauty	Discipline	Humility	Productivity	Talent
Boldness	Discovery	Imagination	Professionalism	Teamwork
Bravery	Drive	Improvement	Prosperity	Temperance
Brilliance	Effectiveness	Independence	Purpose	Thankful
Calm	Efficiency	Individuality	Quality	Thorough
Candor	Empathy	Innovation	Realistic	Thoughtful
Capable	Empower	Inquisitive	Reason	Timeliness
Careful	Endurance	Insightful	Recognition	Tolerance
Certainty	Energy	Inspiring	Recreation	Toughness
Challenge	Enjoyment	Integrity	Reflective	Traditional
Charity	Enthusiasm	Intelligence	Respect	Tranquility
Cleanliness	Equality	Intensity	Responsibility	Transparency
Clear	Ethical	Intuitive	Restraint	Trust
Clever	Excellence	Irreverent	Results-oriented	Trustworthy
Comfort	Experience	Joy	Reverence	Truth
Commitment	Exploration	Justice	Rigor	Understanding
Common sense	Expressive	Kindness	Risk	Uniqueness
Communication	Fairness	Knowledge	Satisfaction	Unity
Community	Family	Lawful	Security	Valor
Compassion	Famous	Leadership	Self-reliance	Victory
Competence	Fearless	Learning	Selfless	Vigor
Concentration	Feelings	Liberty	Sensitivity	Vision
Confidence	Ferocious	Logic	Serenity	Vitality
Connection	Fidelity	Love	Service	Wealth
Consciousness	Focus	Loyalty	Sharing	Welcoming
Consistency	Foresight	Mastery	Significance	Winning
Contentment	Fortitude	Maturity	Silence	Wisdom
Contribution	Freedom	Meaning	Simplicity	Wonder
Control	Friendship	Moderation	Sincerity	
Conviction	Fun	Motivation	Skill	
Cooperation	Generosity	Openness	Skillfulness	