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May you live all the days of your life. Jonathan Swift

Defining Your Values

"Values are who we are. Not who we would like to be, not who we think we should be, but who we are in our lives, right now. Another way to put it is that values represent our unique and individual essence, our ultimate and most fulfilling form of expressing and relating. Our values serve as a compass pointing out what it means to be true to oneself. When we honour our values on a regular and consistent basis, life is good and fulfilling." (Ref: Co-Active Coaching, 2nd Ed.)

Your values will resonate deeply within you and define who you are, as a person. They are your anchor, your sail, and your rudder as your traverse the seas in your life and business journey.

Your values will also change over time – or their order of relevance will alter. This is normal as life never remains the same and you are not standing still.

Below is a list of values. You can use several values in the one values string (you can separate them with a slash). For example: Integrity / Honesty. The most significant term or value should be listed first in this instance.

Don't be concerned if you cannot define your values all at once – it may take several months to come up with a complete list as our lives can also define our values – and it is always evolving.

Tick (or put a cross next to) 10 or so values that resonate with you:

Tick or X	Value	Tick or X	Value	Tick or X	Value
	Family Happiness		Self Respect		Generosity
	Competitiveness		Recognition		Wisdom
	Friendship		Advancement		Spirituality
	Affection		Health		Loyalty
	Cooperation		Responsibility		Culture
	Adventure		Fame		Inner Harmony
	Achievement		Involvement		Order
	Wealth		Economic Security		Creativity
	Risk Taking		Pleasure		Romance
	Freedom		Power		Peace
	Integrity		Personal Development		Fulfilling Employment

Other Values you consider important in your life are:

Now rank your Values in priority order. Define what each means to you and how you score your level of satisfaction in respect to how you are living in alignment with your values.

There is no right or wrong way in how you define your values. This sheet will change over time as you change.

Rank = how important it is to you in order to live a fulfilling life
Value / Definition = the value you identified and further thought on your definition of that value
Satisfaction = how it ranks, underline right now, in your life

Rank in Priority Order	Value & Your Definition	Score Level of Satisfaction Scale of 1 to 10 (10 = highest)

Notes: