Uncover Your Values

- ❑ A comfortable life
- ❑ To feel in control
- ❑ An exciting life
- ❑ Adventure
- ❑ To leave a legacy
- ❑ Harmonious relationships
- ❑ Security
- ❑ To help others
- ❑ An enjoyable life
- ❑ Beautiful surroundings
- ❑ Intimate companionship
- ❑ Wisdom
- ❑ To shape the future
- ❑ Recognition
- ❑ To belong
- ❑ Autonomy
- ❑ To influence others
- ❑ Safety
- ❑ To develop yourself
- ❑ Creativity
- ❑ To be healthy
- ❑ Generosity
- ❑ To be physically active
- ❑ Cultural acceptance

1. *Cross out any values that do not resonate with you at all.*
2. *Tick the 10 or so values that you regard as the most important to you.*
3. *Take the short-list of values you just created and write each value on separate card.*
4. *Next, compare 2 values and ask yourself which is more important to you. Your answer determines where on the hierarchy each value sits in relation to the other.*
5. *Repeat step 2 with different pairs of words until you are happy with the final order that has emerged.*