

## BASIC VALUES CLARIFICATION EXERCISE - WHAT REALLY IS IMPORTANT TO YOU?

Ask yourself this question over and over as you scan the following words. Place a dot beside anything that leaps out at you on a 'first pass' then go through again until you have refined to no more than 25 words. Your last pass will be the most challenging....to reduce the values to what is *really important to you* in your life right now. In the box at the end fill in your top seven values (in any order). These are your motivators. If you find your behaviour is out of alignment with your values, it will cause inner conflict so either review your values and tell more truth to yourself, or change your behaviour to align with your values. **Note: This list is clearly not exhaustive so choose language that works best for you if what is really important to you is not listed here.**

Ability	Confidence	Excellence
Abundance	Conforming	Excitement
Acceptance	Consciousness	Exercise
Accomplishment	Connection	Experience
Acknowledgement	Consequences	Extravagance
Adventure	Contribution	Family
Affection	Convenience	Fame
Animals	Co-operation	Feelings
Anonymity	Courage	Fellowship
Appearance	Courtesy	Fidelity
Appreciation	Creativity	Finances
Aspiration	Culture	Fitness
Assertiveness	Curiosity	Flexibility
Authenticity	Decadence	Flow
Balance	Decency	Food
Beauty	Decisive	Forgiveness
Benevolence	Dedication	Freedom
Boundaries	Delight	Friendship
Bravery	Desire	Fun
Brotherhood	Development	Function
Caring	Devotion	Future
Cash	Difference	Generosity
Career	Direction	Glamour
Causes	Discernment	Glory
Celebration	Discipline	God
Celebrity	Dreams	Goodness
Certainty	Duty	Government
Challenge	Earth	Grace
Change	Ease	Gratitude
Character	Education	Greatness
Cheerfulness	Effectiveness	Growth
Children	Ego	Guidance
Chivalry	Emotions	Happiness
Choice	Employment	Harmony
Civility	Encouragement	Healing
Clarity	Endurance	Health
Colleagues	Energy	Holidays
Colour	Enjoyment	Honesty
Comfort	Entertainment	Honour
Communication	Enthusiasm	Hope
Community	Environment – local	Home
Companion	Environs - personal	Humanity
Compassion	Environs – global	Humility
Competence	Environs - universal	Humour
Completion	Esteem	Husband
Conduct	Equality	Ideals

Identity  
Illumination  
Imagination  
Importance  
Improvement  
Inclusion  
Independence  
Indulgence  
Influence  
Information  
Initiative  
Inspiration  
Integrity  
Intellect  
Intelligence  
Intention  
Interdependence  
Intimacy  
Intuition  
Isolation  
Journey  
Joy  
Justice  
Kindness  
Knowledge  
Language  
Laughing  
Law  
Leadership  
Learning  
Leisure  
Liberty  
Life  
Lineage  
Literature  
Livelihood  
Looks  
Love  
Loyalty  
Luck  
Lust  
Luxury  
Magic  
Mana  
Manners  
Marriage  
Mastery  
Maturity  
Meditation  
Memory  
Mentor  
Mercy  
Merit  
Method  
Military  
Mind  
Miracles  
Mission  
Money  
Morals  
Motivation  
Mystery  
Nationhood  
Nature  
Normality  
Nomadic

Nothing  
Nourishment  
Nurturing  
Obedience  
Obligation  
Openness  
Optimism  
Options  
Order  
Originality  
Outcomes  
Ownership  
Parenting  
Partnership  
Passion  
Patience  
Peace  
Perception  
Perfection  
Performance  
Permanence  
Permission  
Perseverance  
Perspective  
Play  
Pleasure  
Position  
Positivity  
Possessions  
Possibility  
Potential  
Power  
Practice  
Prayer  
Preparation  
Pride  
Principles  
Privacy  
Profession  
Progress  
Promotion  
Property  
Prosperity  
Punctuality  
Purity  
Purpose  
Qualifications  
Quality  
Quantity  
Quiet  
Rank  
Reason  
Rebelliousness  
Reciprocity  
Recognition  
Reconciliation  
Redemption  
Reflection  
Regulation  
Relevance  
Religion  
Reputation  
Respect  
Responsibility  
Rest  
Riches

Romance  
Rules  
Safety  
Salary  
Satisfaction  
Skepticism  
Secrets  
Security  
Self-esteem  
Self-respect  
Self-acceptance  
Self-worth  
Sensitivity  
Service  
Serenity  
Sexuality  
Significance  
Silence  
Sisterhood  
Society  
Social life  
Solitude  
Solutions  
Spirituality  
Stability  
Stamina  
Stimulation  
Strength  
Style  
Success  
Support  
Surrender  
Survival  
Sustainable  
Talent  
Teamwork  
Temptation  
The Past  
The Future  
Thought  
Thrills  
Time  
Tolerance  
Touch  
Travel  
Truth  
Trust  
Vision  
Vitality  
Voice  
Waste  
Wealth  
Whanau  
Wholeness  
Wild  
Willing  
Winning  
Wisdom  
World  
Work  
Youth  
Anything else??

From your list of 25, choose the most important 7 ie: the 7 things that are the most important of all for you right now in your life (they don't have to be in order of importance).

## **MY VALUES (what is important to me in my life NOW)**

- 1.**
- 2.**
- 3.**
- 4.**
- 5.**
- 6.**
- 7.**

**Just getting clarity about what is important to you will release energy. Stay conscious and 'notice what you notice'. If you want to really make progress fast, journal your 'noticings' daily and consciously choose your actions.**

**If you have any questions or want support in getting more clarity, feel free to email to [info@amandafleming.co.nz](mailto:info@amandafleming.co.nz)**