



THE SPACES  
BETWEEN

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## Identifying Your Core Values

### An Exercise to Determine & Claim the Values that Mean the Most to You

1. From the list below, select the Values you want others to associate with you. Whether they actually would or not, consider what you WANT others to associate with you.
2. Pick 5 or 6 that you absolutely will not live without... "I would never do that to anyone, or it would never enter my mind not to say...."
3. Write out your personal definitions and stories for each value, going into as much detail as possible. Take time to reflect by asking yourself questions, such as:
  - What does this value mean to me?
  - Where or who did this value come from?
  - What memories do I have that are connected to it?
  - What do I see as the benefits of this value for my future?
4. How would you practically live out each value? How would you behave? How would you talk? What would your actions be? Take time to discover how your values would drive your behaviour.



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### Values

Acceptance  
Accomplishment  
Acknowledgement  
Adventure  
Art  
Authenticity  
Autonomy  
Awareness

Balance  
Beauty  
Boldness

Calm  
Challenge  
Collaboration  
Community  
Compassion  
Comradeship  
Confidence  
Connectedness  
Competence  
Contentment  
Contribution  
Cooperation  
Courage  
Creativity  
Curiosity

Decisiveness  
Determination  
Directness

Ease  
Effectiveness  
Efficiency  
Empathy  
Empowerment  
Environment  
Excellence

Fairness  
Faith

Family  
Flexibility  
Forgiveness  
Freedom  
Friendship  
Fun

Generosity  
Gentleness  
Groundedness  
Growth

Happiness  
Harmony  
Health  
Helpfulness  
Honesty  
Honour  
Humour

Inclusiveness  
Independence  
Innovation  
Inspiring others  
Integrity  
Intuition

Joy

Kindness  
Knowledge

Learning  
Listening  
Love  
Loyalty

Openness  
Optimism  
Orderliness

Participation  
Partnership  
Passion  
Patience  
Peace  
Perfection  
Perseverance  
Personal Development  
Presence  
Privacy  
Productivity

Recognition  
Reliability  
Religion  
Respect  
Responsibility  
Resourcefulness  
Romance

Safety  
Self Awareness  
Self-Esteem  
Service  
Simplicity  
Spirituality  
Spontaneity  
Strength

Tact  
Thankfulness  
Tradition  
Trust  
Truth  
Understanding  
Variety  
Wisdom  
Work  
Work Quality