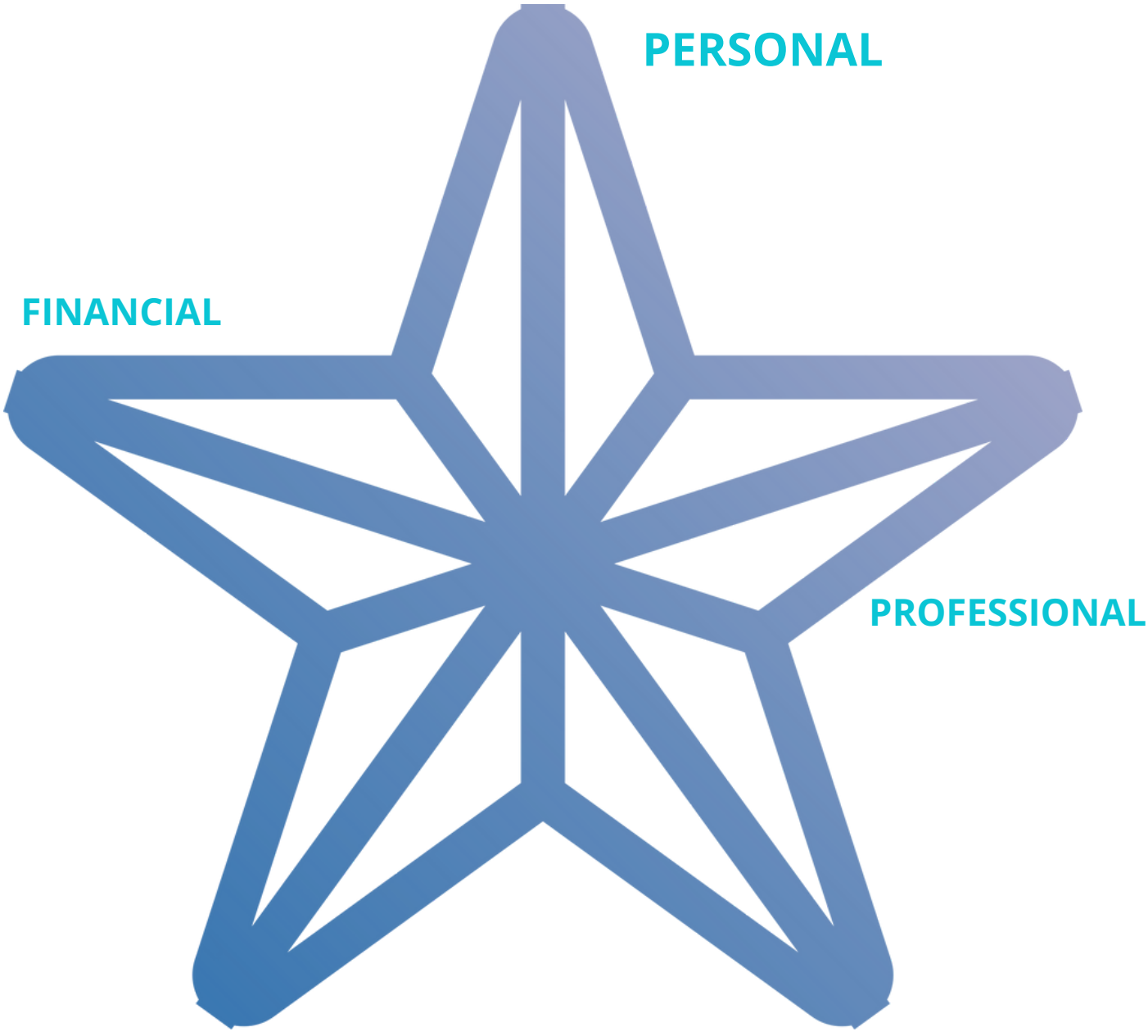
VALUES
WORKBOOK



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PERSONAL VALUES

The personal values below are listed in alpha order, across the columns. Circle the values that fit the best for you. Avoid analysing your responses to each word. List your top 4 or 5 in order of priority for you, in the space provided. There's space for you to add more values if you need.

adaptability	ambition	authenticity
balance	bravery	compassion
courage	creativity	curiosity
determination	diligence	discipline
enthusiasm	flexibility	gratitude
growth	health	honesty
hope	humour	independence
Integrity	intelligence	joyfulness
kindness	leadership	learning
love	loyalty	mindfulness
modesty	openness	optimism
patience	perseverance	reliability
resilience	self-control	self-respect
sincerity	spirituality	strength
thoughtfulness	trustworthiness	understanding
uniqueness	vitality	wisdom
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what's important to you **at work**?

PROFESSIONAL / WORKPLACE VALUES

The professional / workplace values below are listed in alpha order, left to right. Circle the values that fit the best for you. Avoid analysing your responses to each word. List your top 4 or 5 in order, in the space provided.

accountability	accuracy	achievement
adaptability	ambition	collaboration
commitment	competitiveness	consistency
cooperation	courage	decisiveness
dedication	dependability	diversity
efficiency	empowerment	endurance
ethics	excellence	expertise
fairness	flexibility	focus
honor	impact	inclusivity
industry	influence	ingenuity
initiative	innovation	insightfulness
inspiration	integrity	intelligence
judgement	knowledge	leadership
merit	obedience	order
organisation	originality	passion
performance	perseverance	precision
preparedness	productivity	professionalism
punctuality	quality	recognition
reliability	resourcefulness	respect
responsibility	responsiveness	risk-taking
safety	service	skill
solidarity	stability	strategic
strength	teamwork	thoroughness
transparency	trust	vision
zeal		

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what's important to you in your **relationships**?

RELATIONSHIP VALUES

The relationship values below are listed in alpha order, left to right. Circle the values that fit the best for you. Avoid analysing your responses to each word. List your top 4 or 5 in order, in the space provided.

affection	alignment	attentiveness	bonding
caring	cohabitation	collaboration	commitment
communication	companionship	compromise	connection
consideration	consistency	contentment	cooperation
coordination	courage	courtesy	dedication
dependability	depth	devotion	empathy
encouragement	engagement	enjoyment	equality
fairness	faithfulness	familiarity	fidelity
flexibility	forgiveness	freedom	friendship
fun	generosity	gentleness	goodwill
harmony	honesty	honor	inclusiveness
individuality	intimacy	joy	justice
kindness	laughter	listening	Love
loyalty	mutuality	nurturing	openness
partnership	passion	patience	permanence
perseverance	playfulness	pleasure	rapport
reciprocity	reliability	respect	romance
safety	security	shared goals	sharing
sincerity	solidarity	support	sympathy
tenderness	tolerance	trust	trustworthiness
understanding	union	unity	validation
variety	warmth	welcoming	wisdom
zest			

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what's important to you **spiritually**?

SPIRITUAL VALUES

The spiritual values below are listed in alpha order, left to right. Circle the values that fit the best for you. Avoid analysing your responses to each word. List your top 4 or 5 in order, in the space provided.

altruism	atonement	awareness	benevolence
bliss	charity	commitment	community
compassion	connectivity	contemplation	dedication
devotion	divinity	enlightenment	eternity
ethics	faith	forgiveness	grace
gratitude	harmony	honesty	honour
hope	humility	idealism	illumination
inner peace	joy	justice	karma
kindness	love	mercy	mindfulness
morality	mysticism	nirvana	patience
peace	piety	pilgrimage	purity
reflection	reverence	sacredness	sacrifice
salvation	sanctification	sanctity	serenity
silence	simplicity	spirituality	stewardship
submission	surrender	temperance	tradition
tranquility	transcendence	truth	understanding
unity	universality	vision	wisdom
wonder	zeal		

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what's important to you **financially**?

FINANCIAL VALUES

The financial values below are listed in alpha order, left to right. Circle the values that fit the best for you. Avoid analysing your responses to each word. List your top 4 or 5 in order, in the space provided.

accountability	accuracy	advancement	affluence
ambition	autonomy	capital	charity
comfort	conservation	consistency	contribution
control	diversification	durability	earnings
economy	efficiency	entrepreneurship	equity
ethical investing	financial literacy	foresight	freedom
frugality	generosity	growth	heritage
independence	innovation	insurance	integrity
interest	investment	judgement	legacy
leverage	liquidity	luxury	management
margin	negotiation	net worth	opportunity
ownership	parity	philanthropy	planning
preservation	profit	profitability	prosperity
prudence	returns	risk-taking	savings
Security	solvency	stability	stewardship
strategy	success	sustainability	thrift
thriftiness	value	venture	wealth
wealth-building	wisdom	worth	

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summary of your personal values

YOUR VALUES

List all your values from the previous lists into a summary list below.

From that, shortlist the top seven that are important to you in your life.

PERSONAL	PROFESSIONAL	RELATIONSHIPS	SPIRITUAL	FINANCIAL

YOUR MOST IMPORTANT VALUES