



Identify Your Values



BetterUp Studios

10 min



Core values can act as your North Star, shining light on important decisions and guiding prioritization of your limited time and energy.

In the activity below, you will peruse a sample list of value-related words curated by the VIA Institute on Character. You may find that you identify with many of these values. After all, who doesn't value excellence or kindness? Narrowing your list down to three or four core values is the challenge and the gift of this exercise.

After you finish this activity, you can take the next step and reflect on how to put your values into action while you're at work with [this resource](#).

Instructions

STEP 1

Identify 10-15 values that are most important to you.

STEP 2

Now try to identify 3-4 values that are most important to you *at this point in time*. There is no need to limit yourself to the words on this list. The following questions may help:

- *Which values are non-negotiable?*
 - *Which ones must I honor to feel like my best self?*
 - *When I look at my first list, do I notice any patterns that may indicate an overarching top value? For example, choosing friendship, family, community may indicate that relationships are a top priority.*
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STEP 3

Gut check.

- *Do my choices feel authentic, as opposed to representing what I think I should value, or what I used to value?*

VALUES	VALUES
Authenticity	Justice
Achievement	Kindness
Adventure	Knowledge
Autonomy	Leadership
Balance	Learning
Beauty	Logic
Boldness	Love
Challenge	Loyalty
Citizenship	Marriage
Collaboration	Meaningful Work
Community	Morality
Compassion	Nature
Connection	Openness
Contribution	Optimism
Courage	Partnership
Craftsmanship	Peace
Creativity	Playfulness
Curiosity	Pleasure

VALUES	VALUES
Determination	Poise
Excellence	Popularity
Empathy	Power
Faith	Productivity
Fame	Recognition
Family	Religion
Forgiveness	Reputation
Freedom	Respect
Friendships	Responsibility
Fun	Risk taking
Grit	Security
Growth	Self-Respect
Happiness	Service
Harmony	Spirituality
Health	Spontaneity
Honesty	Stability
Humanity	Success
Humor	Status
Independence	Trust
Influence	Vitality
Inner Peace	Wealth
Innovation	Wisdom
Integrity	Zest

Consider continuing this conversation about values with your coach and see what additional insight you can gain.



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Recommended Resources



Card image cap

Your Coaching Journey

Building a good relationship with your coach is a unique and



Keep Up the Good Work

Offering praise to your teammates has been proven to boost morale and reduce turnover rates. In this exercise, assess the strengths and weaknesses that guide your team, and learn how to set your "praise to criticism ratio" for the best results.

■ 10 min

important process. This article outlines several steps to help you make the most of your coaching relationship.

■ 3 min

