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## **Values Exercise**

- 1 Read all the values on the list below
- 2 Pick the 10 most important values on the list to you in your life in general. Tick on the table for top 10 values.
- 3 Look at the 10 you picked and from that choose the most important 5 and fill out the top 5 table below.
- 4 Put the 5 you picked in order of importance with number 1 being the most important after the top 5 table.
- 5 Ask yourself if your top 5 values are being met and especially your number 1 value?

Humour	Participation
Honesty	Performance
Partnership	Collaboration
Productivity	Community
Service	Personal Power
Contribution	Freedom of choice
Excellence	Connectedness
Fun	Acknowledgement
Focus	Comradeship/Friendship
Romance	Lightness
Recognition	Spirituality
Harmony	Empowerment
Accomplishment	Self-Expression
Orderliness	Integrity
Creativity	Independence
Nurturing	Accuracy
Joy	Adventure
Beauty	Authenticity
Zest	Risk-Taking
Tradition	Peace
Respect	Elegance
Growth	Vitality
Aesthetics	Trust
Fame	Success
Love	Fairness
Being active	Novelty
Safety	Security
Excitement	Change
Curiosity	Learning
Personal Growth	Kindness

**Top 10 values:**


**Top 5 values:**


**Top 5 values in order of importance (number 1 being the most important)**

- 1
- 2
- 3
- 4
- 5