

# BOOST HEALTHY PRODUCTIVITY EXERCISES

## VALUES

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HOW TO DEFINE YOUR VALUES?

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Guiding principles  
WHAT is important to me?

### CORE VALUES LIST

- Authenticity
- Achievement
- Adventure
- Authority
- Autonomy
- Balance
- Beauty
- Boldness
- Compassion
- Challenge
- Community
- Competency
- Contribution
- Creativity
- Curiosity
- Determination
- Fairness
- Faith
- Fame
- Friendships
- Freedom
- Fun
- Growth
- Happiness
- Honesty
- Humor
- Influence
- Inner Harmony
- Justice
- Kindness
- Knowledge
- Leadership
- Learning
- Love
- Loyalty
- Meaningful Work
- Openness
- Optimism
- Peace
- Pleasure
- Poise
- Popularity
- Recognition
- Reputation
- Respect
- Responsibility
- Security
- Self-Respect
- Service
- Spirituality
- Stability
- Success
- Status
- Trustworthiness
- Wealth
- Wisdom

# VALUES

## HOW TO DEFINE YOUR VALUES?

- Look at the list and decide which values seem most important to you. Write down ten values from the list, not in any particular order.
- Now, it's time to prioritize them. Take one value and compare it with each in turn; which is more important? Think of different situations; which value would determine your behavior in that situation? Write 1 next to the more important one. Do the same with all your ten values.
- Count the points for the values to which you added 1. The value with the most points will be the most important to you.
- Now write down the five most important values for you in order of priority.

1  
2  
3  
4  
5