



True Values Survey

Your true values are the principles you live by in your life. They are the behaviours and activities you are naturally drawn to. Your true values define who you really are.

Too often, we find it hard to identify what is really important to us. Instead we live out of alignment with our values and wonder why we feel unbalanced, dissatisfied and why things are not working out.

This survey is intended to help you rediscover your true values.

INSTRUCTIONS

1. Choose your top 10 values from the list of 180+ values on pages 5 and 6. Ask yourself for each value: What is it that makes this value important enough to be among my top ten values. Write down three reasons for each value.
2. In any order, write your top 10 values at the top of each column in the empty table on page 4.
3. In the same order, write your values at the beginning of each row in the table.
4. For each cell of the table, compare the value at the top with the one appearing on the side and decide which is more important to you. In the example on the next page, we start at row 1 with Risk. Which is more important to you - Risk or Impact? Write the value in the intersecting cell. Continue across the row comparing each of the values at the top with Risk. Then move down one row and continue the process until all the boxes are filled.
5. Count the number of times each value is written in the box in the table. Write that number in the blank next to the value in the space provided following the table (for a table that is 10x10, the total number will be 45). The value appearing most in the table is your highest value.
6. Consider your top 5 values and ask yourself for each value: Who am I when I am this value? How do I act? What do I think about? What motivates me? Write down 5 specific answers.
7. Again considering your top 5 values ask yourself: Who am I not when I am this value? How do I behave? How do I feel about myself? About others? About life? Write down 5 specific answers.
8. Ask yourself: How well am I honoring or expressing my values? Are these 'in use values' or merely 'stated values'? What do I do in my life that permits this value to be expressed? Write down 3 specific ways that you are currently honoring each value.
9. Ask yourself: How am I not honoring or expressing this value? What am I doing that restricts, dishonours this value? Write down 3 specific things for each value you are doing that don't serve your values.
10. Ask yourself: What 3 changes would I make in my life in order to fully honor and express these values? Write down 3 specific and significant changes to make in the next 90 days.

ILLUSTRATIVE EXAMPLE

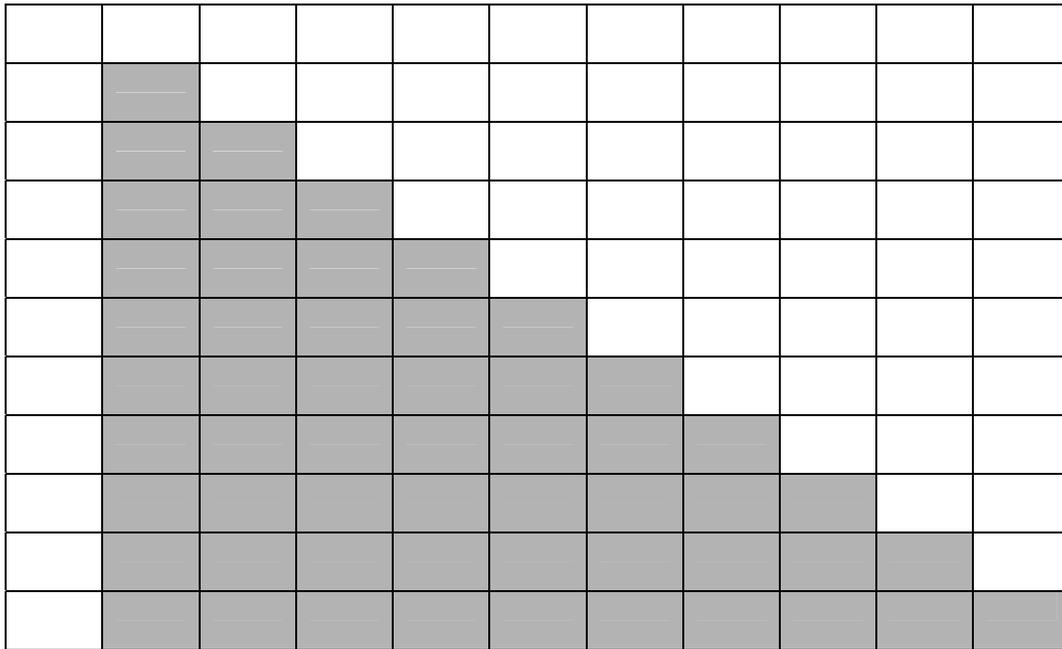
	Risk	Impact	Care for	Plan	Realize	Feel good	Guide	Sport	Be passionate	Accomplish
Risk		Impact	Care for	Plan	Risk	Feel good	Guide	Sports	Be passionate	Accomplish
Impact			Impact	Plan	Impact	Feel good	Guide	Sports	Impact	Impact
Care for				Plan	Care for	Feel good	Guide	Care for	Care for	Care for
Plan					Plan	Feel good	Plan	Plan	Be passionate	Accomplish
Realize						Feel good	Guide	Sports	Be passionate	Accomplish
Feel good							Feel good	Feel good	Feel good	Feel good
Guide								Sports	Guide	Guide
Sport									Be passionate	Accomplish
Be passionate										Be passionate
Accomplish										

Score	Value	Score	Value	Score	Value	Score	Value	Score	Value
1	Risk	5	Care for	0	Realize	6	Guide	5	Be passionate
5	Impact	6	Plan	9	Feel good	4	Sports	4	Accomplish

The Top Five True Values

1. Feel good_____
2. Guide_____
3. Plan_____
4. Be passionate_____
5. Impact_____

YOUR TRUE VALUES



Score	Value								

Your Top Five True Values

1. _____
2. _____
3. _____
4. _____
5. _____

KNOW YOUR VALUES - DIRECT YOUR LIFE!

List of Values

- Adventure**
 - Risk
 - Danger
 - Gamble
 - Experiment
 - The Unknown
 - Speculation
 - Endeavour
 - Exhilaration
 - Experimenting
 - Nonconformity
 - Thrill
 - Dare
 - Quest
 - Venture
 - Athletics
 - Challenge
- Beauty**
 - Grace
 - Attractiveness
 - Magnificence
 - Refinement
 - Loveliness
 - Gloriousness
 - Elegance
 - Radiance
 - Harmony
- To Catalyse**
 - Impact
 - Turn on
 - Spark
 - Stimulate
 - Move forward
 - Free others
 - Encourage
 - Energize
 - Touch
 - Care for
 - Influence
 - Alter
 - Process
- To Contribute**
 - Serve
 - Assist
 - Facilitate
 - Provide
 - Improve
 - Endow
 - Minister to
- Foster**
 - Foster
 - Augment
 - Strengthen
 - Grant
 - Assist
- To Create**
 - Design
 - Imagination
 - Conceive
 - Perfect
 - Invent
 - Ingenuity
 - Plan
 - Assemble
 - Synthesize
 - Originality
 - Build
 - Inspire
 - Creativity
 - Innovation
- To Discover**
 - Learn
 - Locate
 - Discern
 - Clarity
 - Travel
 - Detect
 - Realize
 - Distinguish
 - Perceive
 - Uncover
 - Observe
- To Feel**
 - Emote
 - Enjoy
 - To experience
 - To feel good
 - In touch with
 - Tranquillity
 - Affection
 - Sense
 - Be with
 - Sensation
- To Lead**
 - Guide
 - Cause
 - Reign
 - Persuade
 - Inspire
- Arouse**
 - Arouse
 - Govern
 - Independence
 - Individualism
 - Encourage
 - Influence
 - Enlist
 - Control
 - Decisiveness
 - To mentor
 - Rule
 - Model
- Mastery**
 - Expert
 - Dominate field
 - Pre-eminence
 - Outdo
 - Rule field
 - Superiority
 - Greatest
 - Set standard
 - Adept
 - Reputation
 - Respect
 - Fame
 - Power
 - Recognition
 - Primacy
 - Endurance
 - Best
 - Excellence
- Pleasure**
 - Have fun
 - Sensual
 - Be entertained
 - Be hedonistic
 - Bliss
 - Play games
 - Sex
 - Intimacy
 - Be amused
 - Sports
 - Exercise
- To Relate**
 - Be connected
 - Be united
 - Security
 - Be bonded
 - Connectivity

- Belong to
- To nurture
- Be integrated
- Family
- Home
- Integrity
- Be involved
- Be linked
- Be with

Be Sensitive

- Tenderness
- Be present
- Show compassion
- Touch
- Empathize
- Respond
- Perceive
- Support
- See

Be Spiritual

- Be aware
- Relate w/God
- Honouring
- Be accepting
- Devoting
- Be passionate
- Be awake
- Holy
- Religious
- Faith
- Meditate

To Teach

- Educate
- Inform
- Prime
- Instruct
- Prepare

- Uplift
- Enlighten
- Edify
- Explain

To Win

- Prevail
- Score
- Triumph
- Accomplish
- Acquire
- Predominate
- Attain
- Win over
- Attract
- Stamina
- Achieve
- Advance
- Ambition
- Challenge
- Competing
- Discipline
- Status
- Persistence