



**Time to understand your Values. You can do this both for you and your business..... often they are the same but a good test to do!**

1. The first step is reading through the words on page 2-4, don't overthink. As you read down the list highlight the ones that resonate with you – I sometimes highlight in green the ones that REALLY resonate and orange that do a little.
2. Once you have done this you can list your top 24 values in the table provided below.
3. Now you may see that there is a slight theme in your words, and you may be able to group them together. For example, you may have chosen wealth and abundance. As both are about around money you can then narrow down to one. With this in mind try listing your top 6.

Top 24:


Top 6:


Abundance	Belonging	Consciousness	Directness	Extravagance
Acceptance	Benevolence	Consistency	Discipline	Extroversion
Accomplished	Bliss	Contentment	Discovery	Exuberance
Accuracy	Boldness	Continuity	Discretion	Fairness
Achievement	Bravery	Contribution	Diversity	Faith
Acknowledgement	Brilliance	Control	Dominance	Fame
Activeness	Calmness	Conviction	Dreaming	Family
Adaptability	Camaraderie	Conviviality	Drive	Fascination
Adoration	Candour	Coolness	Duty	Fashion
Adroitness	Capability	Cooperation	Dynamism	Fearlessness
Adventure	Care	Cordiality	Eagerness	Ferocity
Affection	Carefulness	Correctness	Economy	Fidelity
Affluence	Celebrity	Courage	Ecstasy	Fierceness
Aggressiveness	Certainty	Courtesy	Education	Financial
Agility	Challenge	Craftiness	Effectiveness	Firmness
Alertness	Charity	Creativity	Efficiency	Fitness
Altruism	Charm	Credibility	Elation	Flexibility
Ambition	Chastity	Cunning	Elegance	Flow
Amusement	Cheerful	Curiosity	Empathy	Fluency
Anticipation	Clarity	Daring	Encouragement	Focus
Appreciation	Cleanliness	Decisiveness	Endurance	Fortitude
Approachability	Clear minded	Decorum	Energy	Frankness
Articulacy	Cleverness	Deference	Enjoyment	Freedom
Assertiveness	Closeness	Delight	Entertainment	Friendliness
Assurance	Comfort	Dependability	Enthusiasm	Frugality
Attentiveness	Commitment	Depth	Excellence	Fun
Attractiveness	Compassion	Desire	Excitement	Gallantry
Audacity	Completion	Determination	Exhilaration	Gentility
Availability	Composure	Devotion	Expectancy	Giving
Awareness	Concentration	Devoutness	Expediency	Grace
Awe	Confidence	Dexterity	Experience	Gratitude
Balance	Conformity	Dignity	Expertise	Gregarious
Beauty	Congruency	Diligence	Exploration	Growth
Being the best	Connection	Direction	Expressiveness	Teamwork

Guidance	Leadership	Piety	Sacredness	Temperance
Happiness Harmony	Learning	Playfulness	Sacrifice	Thankful
Health	Liberation	Pleasantness	Sagacity	Thorough
Heart	Liberty	Pleasure	Saintliness	Thoughtful
Helpfulness	Liveliness	Poise	Sanguinity	Thrift
Heroism	Logic	Polish	Satisfaction	Tidiness
Holiness	Longevity	Popularity	Security	Timeliness
Honesty	Love	Potency	Self-control	Traditional
Honour	Majesty	Power	Selfless	Tranquillity
Hopefulness	Making a	Practicality	Self-reliant	Trust
Hospitality	difference	Pragmatism	Sensitive	Trustworthy
Humility	Mastery	Precision	Sensual	Truth
Humour	Maturity	Preparedness	Serenity	Joy
Hygiene	Meekness	Presence	Service	Unflappability
Imagination	Mellowness	Privacy	Sexy	Uniqueness
Impact	Meticulousness	Proactive	Seductive	Unity
Impartiality	Mindfulness	Professional	Sharing	Usefulness
Independence	Modesty	Prosperity	Shrewdness	Utility
Industry	Motivation	Prudence	Significance	Valour
Ingenuity	Mysteriousness	Punctuality	Silence	Variety
Inquisitiveness	Neatness	Purity	Silliness	Victory
Insightfulness	Nerve	Realism	Simplicity	Vigour
Inspiration	Obedience	Reason	Sincerity	Virtue
Integrity	Open-	Recognition	Skilfulness	Vision
Intelligence	mindedness	Recreation	Solidarity	Vitality
Intensity	Openness	Refinement	Solitude	Vivacity
Intimacy	Optimism	Reflection	Soundness	Warmth
Intrepidness	Order	Relaxation	Speed	Watchfulness
Introversion	Organization	Reliability	Spirit	Wealth
Intuition	Originality	Religiousness	Spirituality	Wilfulness
Intuitiveness	Outlandishness	Resilience	Spontaneity	Willingness
Inventiveness	Outrageous	Resolution	Spunk	Winning
Investing	Passion	Resolve	Stability	Wisdom
Judiciousness	Peace	Resourceful	Stealth	Wittiness

Justice	Perceptiveness	Respect	Stillness	Wonder
Keeness	Perfection	Rest	Strength	Youthfulness
Kindness	Perkiness	Restraint	Structure	Zeal
Knowledge	Perseverance	Reverence	Success	
Understanding	Persistence	Richness	Supremacy	
Transcendence	Persuasiveness	Rigor	Sympathy	
	Philanthropy		Synergy	