

My Values Matrix

In this exercise, identify the personal values that matter most to both the 'current you' and the 'future you'. From the list below, choose ten values that resonate. You can blend values or add your own. Try not to overthink it, pick the ones that naturally stand out.

Abundance	Clarity	Discipline	Freedom	Integrity	Peace	Significance
Accountability	Comfort	Diversity	Friendship	Intelligence	Perfection	Simplicity
Achievement	Community	Education	Fulfillment	Intimacy	Persistence	Spirituality
Action	Competence	Effectiveness	Fun	Kindness	Philanthropy	Spontaneity
Adventure	Competition	Empathy	Gratitude	Knowledge	Play	Stability
Ambition	Connection	Energy	Growth	Leadership	Pleasure	Status
Autonomy	Contribution	Enthusiasm	Happiness	Legacy	Power	Strength
Awareness	Control	Environment	Harmony	Liveliness	Privacy	Success
Balance	Cooperation	Ethics	Health	Love	Recognition	Teamwork
Beauty	Courage	Excellence	Helping Others	Loyalty	Relationships	Tradition
Being the Best	Creativity	Excitement	Honesty	Meaningful Work	Religion	Truth
Calmness	Curiosity	Fairness	Honour	Money	Respect	Vigour
Challenges	Decisiveness	Fame	Humility	Nature	Safety	Vitality
Change	Determination	Family	Independence	Order	Security	Wealth
Cheerfulness	Development	Flexibility	Inspiration	Passion	Service	Work Ethic

My Values Scorecard

Exercise: Now that you have identified your top ten values, take it a step further and narrow them down to your top five. Choose the five that feel most essential to who you are and who you want to become. In the table below:

- Value:** List your top five values in the table and rank them in order of importance. (1= Most Important)
- Definition:** Describe what each value means to you.
- Rate:** how well you are currently living in alignment with each value (1 = not aligned, 10 = fully aligned).

- Action:** List one action you can take this year to live more in alignment with this value to rate 1 point higher.
- Focus Areas:** List your 3 areas you'd like to focus on improving over the next 12 months (in the circles).

IMPORTANCE	VALUE	DEFINITION	ALIGNMENT	ACTION
1			/10	
2			/10	
3			/10	
4			/10	
5			/10	

Top 3 VALUES
TO FOCUS ON IN THE
NEXT 12 MONTHS



1

2

3