

# Identifying Your Values

You are able to enhance your resilience by clarifying your values and striving to live in alignment with them. Your values are the inner rules (standards, principles) you use to make choices and to run your life. By selecting and prioritizing your most important values, you have a greater sense of stability even during times of change.

Here is a list of values to help you identify which ones are most important to you as guiding principles in your life. On the next page are two reflection questions to get you thinking about how times of uncertainty might challenge your values and how you can demonstrate them anyway.

## Directions:

1. Circle the seven or so values that are most important to you.

Accomplishment	Excellence	Pleasure
Advancement	Expertise	Politeness
Adventure	Fairness	Power
Authority	Family	Pride
Autonomy	Forgiving	Professionalism
Balance	Freedom	Quality
Beauty	Friendship	Recognition
Belonging	Fun	Respect
Caring	Generosity	Responsibility
Challenge	Genuineness	Risk
Cheerfulness	Happiness	Safety
Collaboration	Health	Security
Communication	Honesty	Service
Compassion	Independence	Spirituality
Competent	Influence	Status
Competitiveness	Innovativeness	Strength
Contribution	Integrity	Success
Conformity	Involvement	Sustainability
Control	Leadership	Teamwork
Cooperation	Learning	Tolerance
Courage	Leisure	Tradition
Courteousness	Logic	Variety
Creativity	Love	Visionary
Dependability	Loyalty	Wealth
Determination	Nature	Wellness
Education	Order	Wisdom
Equality	Peace	Others?

## **Reflection**

In times of uncertainty, how might your values be challenged?

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In times of uncertainty, how can you continue to demonstrate your values?

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