

## Activity: Values Exercise

Based on the assessment, consider these reflections and activities, and record your reflections in the Values Journal pages.

### Personal Values Clarification Exercise

This exercise is designed to help you identify what matters most to you personally in your life after work. It is not about the values your company rewarded, your profession emphasized, or what you were expected to prioritize during your career.

Instead, focus on the values that feel true, grounding, and important to you now — in how you want to live, choose, relate, and spend your time.

### Step 1: Scan the Personal Values List

Review the list of personal values provided below. Read through the list slowly.

As you scan the values, ask yourself:

- Which values feel personally meaningful right now?
- Which values would I want guiding my choices even if no one were watching?
- Which values feel important in my life outside of work and/or in retirement?

Do not overthink this step. First reactions are often the most honest.

## Step 2: Select Your Top 10 Personal Values

From the full list, select only TEN (10) values that feel most important for this stage of your life.

These are values you want to carry forward — not because they sound admirable, but because they feel personally significant.

Top 10 Personal Values		Notes (Optional)
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

### Step 3: Narrow to Your 5 Core Values

Now review the ten values you selected. From that list, narrow it down to your FIVE (5) core values. Your core values are the values you most want to:

- guide your decisions
- shape how you spend time and energy
- inform what you say yes and no to

If you had to protect only five values above all others, which would they be?

5 Core Values		Why this value matters
1		
2		
3		
4		
5		



## Personal Values Reference List

The values below are commonly used in coaching, counseling, and reflection work. They are not company values or performance standards.

As you review them, think about what matters to you personally in your life after work — how you want to live, choose, relate, and spend your time.

**Authenticity** — Living in a way that feels true to who you really are.

**Achievement** — Accomplishing goals that matter to you personally.

**Adventure** — Seeking new, stimulating, or exploratory experiences.

**Authority** — Having control or influence over your own life decisions.

**Autonomy** — Freedom to choose how you live and act independently.

**Balance** — Creating harmony among different parts of life.

**Beauty** — Appreciating aesthetics, nature, or things that uplift the senses.

**Boldness** — Acting with courage despite uncertainty or fear.

**Compassion** — Caring deeply about the suffering or needs of others.

**Challenge** — Engaging in activities that stretch or test you.

**Citizenship** — Acting responsibly as part of a broader society.

**Community** — Feeling connected to and supported by others.

**Competency** — Feeling capable and effective in what you do.

**Contribution** — Making a positive difference beyond yourself.

**Creativity** — Expressing ideas or imagination in original ways.

**Curiosity** — Desire to learn, explore, or understand more deeply.

**Determination** — Persevering through obstacles or setbacks.

**Fairness** — Valuing justice, equity, and impartial treatment.

**Faith** — Trust in something larger than yourself or life itself.

**Fame** — Being widely known or publicly recognized.

**Friendships** — Maintaining close, supportive personal relationships.

**Fun** — Experiencing enjoyment, playfulness, or lightheartedness.

**Growth** — Continual personal development and self-improvement.

**Happiness** — Feeling content, joyful, or satisfied with life.

**Honesty** — Being truthful with yourself and others.

**Humor** — Finding amusement and not taking life too seriously.

**Influence** — Affecting others' thoughts, behaviors, or outcomes.

**Inner Harmony** — Feeling calm, aligned, and at peace internally.

**Justice** — Standing up for fairness and moral rightness.

**Kindness** — Acting with warmth, generosity, and care.

**Knowledge** — Valuing understanding, insight, and information.

**Leadership** — Guiding or inspiring others, formally or informally.

**Learning** — Enjoying the process of gaining new skills or insights.

**Love** — Deep affection, care, and emotional connection.

**Loyalty** — Being faithful and committed to people or causes.

**Meaningful Work** — Doing activities that feel purposeful and worthwhile.

**Openness** — Being receptive to new ideas and experiences.

**Optimism** — Maintaining hope and positive expectation for the future.

**Peace** — Valuing calm, stability, and low conflict.

**Pleasure** — Enjoying physical, emotional, or sensory experiences.

**Poise** — Maintaining composure and dignity under pressure.

**Popularity** — Being liked or socially accepted by many people.

**Recognition** — Feeling acknowledged or appreciated by others.

**Religion** — Commitment to an organized system of spiritual belief.

**Reputation** — Caring about how you are perceived or remembered.

**Respect** — Treating yourself and others with dignity.

**Responsibility** — Being accountable for your actions and obligations.

**Security** — Feeling safe, stable, and protected.

**Self-Respect** — Valuing your own worth and boundaries.

**Service** — Helping others without expectation of reward.

**Spirituality** — Seeking meaning or connection beyond the material world.

**Stability** — Valuing predictability and steadiness.

**Success** — Achieving outcomes that matter to you.

**Status** — Holding a recognized social or professional position.

**Trustworthiness** — Being reliable and deserving of trust.

**Wealth** — Having financial resources to support your life.

**Wisdom** — Applying experience and insight with good judgment.

