

# The Anxiety Coach



## My Values Exercise

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## Knowing Your Values

Your Values represent what's important to you in life. Knowing your Values helps you understand what drives you, what you enjoy, what inspires you and what you'd like more of.

By building a life & lifestyle around our values we create a life that is satisfying and meaningful to us.

**IMPORTANT:** Values change over time, and deepen as you understand yourself better - they are always moving. Your Values can also be situational e.g. what's true for you at work may not be true for you at home.

Finally, the Sample Values List below is **ONLY** to give you ideas. We are each unique, so there will undoubtedly be words that are missing from this list, and different words that sum up your Values better. So feel free to amend or add to the words in the list below.

# The Anxiety Coach

1. Accomplishment
2. Accuracy
3. Acknowledgement
4. Adventure
5. Authenticity
6. Balance
7. Beauty
8. Boldness
9. Calm
10. Challenge
11. Collaboration
12. Community
13. Compassion
14. Comradeship
15. Confidence
16. Connectedness
17. Contentment
18. Contribution
19. Cooperation
20. Courage
21. Creativity
22. Curiosity
23. Determination
24. Directness
25. Discovery
26. Ease
27. Effortlessness
28. Empowerment
29. Enthusiasm
30. Environment
31. Excellence
32. Fairness
33. Flexibility
34. Focus
35. Forgiveness
36. Freedom
37. Friendship
38. Fun
39. Generosity
40. Gentleness
41. Growth
42. Happiness
43. Harmony
44. Health
45. Helpfulness
46. Honesty
47. Honour
48. Humour
49. Idealism
50. Independence
51. Innovation
52. Integrity
53. Intuition
54. Joy
55. Kindness
56. Learning
57. Listening
58. Love
59. Loyalty
60. Optimism
61. Orderliness
62. Participation
63. Partnership
64. Passion
65. Patience
66. Peace
67. Presence
68. Productivity
69. Recognition
70. Respect
71. Resourcefulness
72. Romance
73. Safety
74. Self-Esteem
75. Service
76. Simplicity
77. Spaciousness
78. Spirituality
79. Spontaneity
80. Strength
81. Tact
82. Thankfulness
83. Tolerance
84. Tradition
85. Trust
86. Understanding
87. Unity
88. Vitality
89. Wisdom
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