

How To Define & Live Your Values

"There is no passion to be found in playing small—in settling for a life that is less than you are capable of living." – Nelson Mandela –



Our values make us who we are. They are developed over time in the interactions we experience. It is important for you to understand your values as they act as internal guides to the things you do and say.

The majority of people have never sat down and thought about or documented what their values are. If you are unsure about your key values, I encourage you to review the extensive list of values below to assist in determining what they truly are. If there are values missing from this list, add these to the bottom blank section and treat them as a part of the two exercises below.

It is important to be aware of the values that are meaningful to us. If we know what we value, we are better positioned to think about what industries, types of jobs and companies we may be most suited to. Or whether or not we want to work for ourselves. It will also help to identify those values that we want to avoid in our career and life.

Are You Living Your Values?

[Defining Living Your-Values Exercise](#)

[Russ Harris, Author of The Happiness Trap](#) also has some great free short **[values exercises](#)** and other worksheets on his website that I would encourage you to visit.