

Consciously identifying my values

Knowing your values and having corresponding life goals significantly contributes to a fulfilling life. Values can be anything that is important to you – without exception. With this guide, you can systematically gather, select, condense your own values, and align them with your goals. When your values and goals are in harmony, you draw strength from them. However, if there is a gap between your values and goals, it can create friction and lead to energy loss. It is generally easier to adjust personal goals than to change the values that are important to you. The aim of this exercise is to condense about seven to 15 values for yourself and then compare them with the goals you have developed.

- The values database printed below is intended to inspire you, but it is not exhaustive. Reflect on what values are truly important to you. It usually makes sense to compile a preliminary list of about 20 to 30 values, which you can write on small identical slips of paper or cards.
- After that, there are various methods for condensing your values. For example:
 - Assign points to all your values, for example, from one to three or from one to ten. However, you shouldn't arrive at a final condensation in one step. Instead, first sort out part of the values and then conduct at least one further condensation step with new scoring.
 - Arrange all your values in a stack, and compare the first value with the second. Keep the one that is more important to you and set the other aside. Now compare the next value in the stack with the one you are holding; again, keep the more important one. When you finish with the stack, you will be left with your most important value, which you should place where you collect your important values. Continue this process until you reach your desired number of condensed values.
 - Arrange all values before you like puzzle pieces and extract the most important ones.
 - Use any completely different method of your choice.

You can create a hierarchy of values for yourself, but it's not necessary. Now turn your attention to your life goals. What would you like to have experienced and achieved by the end of your life? What are the building blocks that make a fulfilling life for you? Make sure to include all areas of life, such as family/partnership, work, social involvement, and specific interests or hobbies. "Paint" a picture of your life goals, either literally with pens or by describing the desired state as accurately as possible. Then identify five to ten very important goals for yourself, each articulated in one sentence.

Now combine both parts of this exercise by checking if your values align with your goals and vice versa. For example, you can write the corresponding values next to your formulated goals or distribute the cards. Alternatively, evaluate each goal in light of all values and determine whether it fits very well, well, or not so well with your values.

What insights do you draw from this? Can you think of measures that would create an even better fit between your values and goals? On the next page, you will find the aforementioned values database for your inspiration.

profilingvalues value database

A

- 1. Acceptance
- 2. Activity
- 3. Adventure
- 4. Aesthetics
- 5. Affection
- 6. Altruism
- 7. Amiability
- 8. Asceticism
- 9. Assertiveness
- 10. Attention
- 11. Authenticity

B

- 12. Balance
- 13. Beauty
- 14. Belonging
- 15. Bravery

C

- 16. Calmness
- 17. Caring
- 18. Challenge
- 19. Change
- 20. Charity
- 21. Charm
- 22. Cheerfulness
- 23. Clarity
- 24. Cleanliness
- 25. Cleverness
- 26. Cohesion
- 27. Commitment
- 28. Community
- 29. Compassion
- 30. Competence
- 31. Connectedness
- 32. Consequence
- 33. Conservatism
- 34. Consideration
- 35. Consistency
- 36. Continuity
- 37. Control
- 38. Cooperation
- 39. Cordiality
- 40. Courage
- 41. Coziness
- 42. Creativity
- 43. Credibility
- 44. Culture
- 45. Curiosity

D

- 46. Decency
- 47. Decisiveness
- 48. Dedication

- 49. Determination
- 50. Development
- 51. Dignity
- 52. Diligence
- 53. Discipline
- 54. Diversity
- 55. Dreaming
- 56. Dynamism

E

- 57. Ease
- 58. Effectiveness
- 59. Efficiency
- 60. Elegance
- 61. Empathy
- 62. Energy
- 63. Enjoyment
- 64. Enthusiasm
- 65. Equanimity
- 66. Equilibrium
- 67. Excellence
- 68. Experience

F

- 69. Fairness
- 70. Family
- 71. Fidelity
- 72. Flexibility
- 73. Foresight
- 74. Forgiveness
- 75. Freedom
- 76. Friendship
- 77. Fun

G

- 78. Generosity
- 79. Gentleness
- 80. Genuineness
- 81. Goodness
- 82. Grace
- 83. Gratitude

H

- 84. Happiness
- 85. Harmony
- 86. Health
- 87. Helpfulness
- 88. Homeland
- 89. Honesty
- 90. Hope
- 91. Humanity
- 92. Humility
- 93. Humor

I

- 94. Idealism
- 95. Imagination

- 96. Incorruptibility
- 97. Independence
- 98. Individuality
- 99. Innovation
- 100. Inspiration
- 101. Integration
- 102. Integrity
- 103. Intellect
- 104. Intelligence
- 105. Interest
- 106. Intuition

J

- 107. Joy
- 108. Justice

K

- 109. Kindness

L

- 110. Leadership
- 111. Love
- 112. Loyalty

M

- 113. Mindfulness
- 114. Modesty
- 115. Motivation

N

- 116. Naturalness
- 117. Networking
- 118. Neutrality

O

- 119. Open-mindedness
- 120. Openness
- 121. Optimism
- 122. Order

P

- 123. Passion
- 124. Patience
- 125. Peace
- 126. Perfection
- 127. Perseverance
- 128. Persistence
- 129. Politeness
- 130. Power
- 131. Pragmatism
- 132. Precision
- 133. Presence
- 134. Professionalism
- 135. Prudence
- 136. Punctuality
- 137. Purposefulness

R

- 138. Realism
- 139. Recognition

- 140. Reliability
- 141. Reputation
- 142. Resilience
- 143. Resoluteness
- 144. Respect

S

- 145. Safety
- 146. Security
- 147. Self-confidence
- 148. Self-determination
- 149. Self-discipline
- 150. Sense of duty

- 151. Sensitivity

- 152. Serenity

- 153. Seriousness

- 154. Sharing

- 155. Solidarity

- 156. Speed

- 157. Spirit of discovery

- 158. Spontaneity

- 159. Stability

- 160. Steadfastness

- 161. Success

- 162. Sustainability

- 163. Sympathy

T

- 164. Team spirit

- 165. Thriftiness

- 166. Timeliness

- 167. Tolerance

- 168. Tradition

- 169. Transparency

- 170. Trust

U

- 171. Uniqueness

V

- 172. Vigilance

W

- 173. Warmth

- 174. Wealth

- 175. Willpower

- 176. Wisdom

Z

- 177. Zest