



Identifying my fundamental values

Here's a simple exercise to help you identify what values are most important to you — something it's really useful to know when it comes to working out what goals you want to work towards. Repeat this exercise every few months to check in with yourself and see how your values evolve.

Step One: Take a few minutes to brainstorm 10 values that are most important to you. Use the list on the next page for inspiration, or come up with your own. Don't agonise about it! Go with your gut. Write the values below.

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Step Two: Of those 10 values, which 5 are most important to you?

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | |

Step Three: Now, narrow the list down to 3.

- | | |
|----------|----------|
| 1. _____ | 3. _____ |
| 2. _____ | |

Step Four: Finally, choose the *one* value that's most important to you.

My most important value is: _____



Values list

Acceptance	Excellence	Peace
Admiration	Fame	Personal growth
Altruism	Family	Pleasure
Approval	Flourishing	Positive change
Authenticity	Freedom	Power
Authority	Friendship	Progress
Beauty	Generosity	Recognition
Being known	Happiness	Religion
Being needed	Harmony	Respect
Being remembered	Helping others	Safety
Belonging	Honesty	Security
Challenge	Integrity	Self-knowledge
Community	Intelligence	Service
Compassion	Intimacy	Social status
Connection	Justice	Spirituality
Contentment	Leadership	Success
Continuity	Legacy	Sustainability
Courage	Love	Truth
Creativity	Loyalty	Understanding
Curiosity	Meaning	Uniqueness
Discovery	Modesty	Validation
Efficiency	Novelty	Wealth
Empathy	Nurturing	Wisdom
Equality	Originality	Working hard
Equanimity	Patience	Youth

Dump perfectionism. Flourish on your own terms!
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