

VALUES AND ARTIFACT EXERCISE



“Personal values are not lofty abstractions, but intimate credos that we may never quite articulate in words so much as feel. Our values translate into what has emotional power or resonance for us, whether negative or positive.” Daniel Goleman

The list on the following page contains words or phrases that illustrate values. Remember as you work with this exercise, that you may combine 2/3 values if critical distinctions are not lost. For example, Honesty/ Integrity/Truthfulness maintains a single thread, whereas “Honesty/ Integrity/Freedom” combines ideas and therefore loses clarity. (p. 254, Co-Active Coaching)

Note that values are intangible - they are not something we do or have. Money, for example, is not a value, although money could lead to honouring values such as fun, creativity, achievement, peace of mind, service to others. Travel is not a value. Gardening is not a value. Both are examples of cherished activities that honor certain values, such as adventure, learning, nature, spirituality. Though intangible, values are not invisible - you can walk into a room of strangers and get a sense of what people value by what they wear, how they stand in the room, how and with whom they interact, and their topics of conversations. Some values may be power, friendship, intimacy, connection, independence, fun and more. (p. 133, Co-Active Coaching).

TO DO



1. From the attached list, please choose your top 10 values:

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

2. Once you have identified your top 10, rank them in order of importance (1 - 10, 1 being most important).

TO BRING

3. Finally, bring this list and an artifact representing your top value(s), to share with the group. For example, I might bring a necklace belonging to my grandmother, representing connection, service, love, spirituality, which are some of my values.



VALUES

Accomplishment	Fulfillment	Power
Achievement	Fun/Laughter	Privacy/Solitude
Adventure	Getting ahead	Quality
Aesthetics/Beauty	Happiness	Recognition
Affection	Hard work	Reliability
Altruism	Harmony	Respect
Autonomy	Health	Revolution
Caring	Helping	Risk taking/Daring
Challenge	Honesty	Romance
Clarity	Humour	Safety
Commitment	Inclusivity	Security
Community	Independence	Self-control
Competition	Inner Harmony	Self-Esteem
Completion	Innovation	Self-expression
Connecting/Bonding	Integrity	Self-reliance
Creativity	Intimacy	Self-respect
Elegance	Inventing	Service/Contribution
Emotional Health	Joy	Simplicity
Empowerment	Justice	Solving problems
Entrepreneurship	Leadership	Spirituality
Environment	Learning	Spontaneity/Improvisation
Equality	Love	Strength
Equity	Loyalty	Synergy
Esteem (of others)	Marriage	Team spirit
Excellence	Master/Excellence	Trust
Excitement	Nature	Truth
Fame	Nurturing	Uniqueness
Family Happiness	Openness	Vitality
Feel Good	Opportunity	Wisdom
Financial Security	Order	
Frankness	Orderliness/Accuracy	Other:
Freedom	Partnership	
Friendship	Peace	
	Perseverance	
	Playfulness	
	Pleasure	

