



GUIDE

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Define your Values

Your guide to defining your values and
keeping them relevant in your daily life.

[@MIND_YOUR_MENTALS](#) & [THRIVEOXFORD.COM](#)

How to Define Your Values

When you're feeling a little "off" or are wanting more out of life, take a few minutes to define your personal values.

01

Define your personal values by going through the provided list. Scan the list 3 times. First, mark or write the values that stand out as important. Next, indicate 10 from your list that seem to speak the most to you. Lastly, choose 3 values to use as your compass in navigating this chapter of your life. There are NO WRONG CHOICES.

02

Identify the significance of these values for yourself by reflecting on:

Why do I value these?

What values must I have in life to feel fulfilled?

What types of values keep showing up in my life?

What values are core to me and are influenced by my peers/parents?

What values challenge or stretch me the most?

What are the benefits of living by my values?

03

Determine if your current actions are consistent with your chosen values by asking:

Which current behaviors/actions already confirm each of your core values?

Which current behaviors/actions don't align with the values you chose?

What changes are you willing to make?

04

Values are different than goals in that they can not be "accomplished", they are simply guideposts for our choices in life. Revisit your values often to ensure they are still appropriate for your stage in life. You can re-define your values as often as you need to. Whether it's a New Year's resolution, starting a new semester/job, change in relationship status, feeling in a funk, or searching for meaning - check your values then call your therapist ✨



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C O U N S E L I N G

 @MIND YOUR MENTALS

List of
VALUES

- | | | | |
|----------------|---------------------|----------------------|------------------|
| Accountability | Diversity | Intuition | Safety |
| Achievement | Environment | Job security | Security |
| Adaptability | Efficiency | Joy | Self-discipline |
| Adventure | Equality | Justice | Self-expression |
| Altruism | Ethics | Kindness | Self-respect |
| Ambition | Excellence | Knowledge | Serenity |
| Authenticity | Fairness | Leadership | Service |
| Balance | Faith | Learning | Simplicity |
| Beauty | Family | Legacy | Spirituality |
| Being the best | Financial stability | Leisure | Sportsmanship |
| Belonging | Forgiveness | Love | Stewardship |
| Career | Freedom | Loyalty | Success |
| Caring | Friendship | Making a difference | Teamwork |
| Collaboration | Fun | Nature | Thrift |
| Commitment | Future generations | Openness | Time |
| Community | Generosity | Optimism | Tradition |
| Compassion | Giving back | Order | Travel |
| Competence | Grace | Parenting | Trust |
| Confidence | Gratitude | Patience | Truth |
| Connection | Growth | Patriotism | Understanding |
| Contentment | Harmony | Peace | Uniqueness |
| Contribution | Health | Perseverance | Usefulness |
| Cooperation | Home | Personal fulfillment | Vision |
| Courage | Honesty | Power | Vulnerability |
| Creativity | Hope | Pride | Wealth |
| Curiosity | Humility | Recognition | Well-being |
| Dignity | Humor | Reliability | Wholeheartedness |
| | Inclusion | Resourcefulness | Wisdom |
| | Independence | Respect | |
| | Initiative | Responsibility | |
| | Integrity | Risk-taking | |

Write your own:
