

# (re)value - values exercise



Well done for taking the time to engage in this questionnaire. The purpose is to help you identify and reflect on your core values, priorities, and goals. By completing this questionnaire, you will gain insights into what truly matters to you, enabling you to set meaningful and aligned goals for your personal and professional life.

Please answer each question thoughtfully and honestly.

## ➔ Identifying Your Core Values

1. What aspects of life bring you the most joy and fulfillment?

- a. Relationships
- b. Career and professional achievements
- c. Personal growth and learning
- d. Health and well-being
- e. Creativity and self-expression
- f. Other (specify) \_\_\_\_\_

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2. Reflect on a time when you felt truly satisfied and content. What were you doing, and why do you think it made you feel that way?

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3. Consider the people you admire or look up to. What qualities or values do they possess that resonate with you?

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## → Identifying Your Core Values cont'

4. If you had to choose three words to describe yourself, what would they be?  
Why did you choose these words?

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## → Prioritising your values

5. Rank the following areas of life in order of importance to you (from 1 to 5, with 1 being the highest priority) - these may change over time so it can be useful to check back in after 6 months:

- a. Family and Relationships
- b. Career and Professional Growth
- c. Personal Development and Learning
- d. Health and Well-being
- e. Leisure and Hobbies

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. Think about a time when you had to make a difficult decision. What values influenced your choice, and how did they contribute to your decision-making process?

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## Setting Meaningful Goals

7. What are your short-term (next 6 months) personal and professional goals?

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8. Where do you see yourself in five years? Consider aspects such as career, relationships, personal development, and well-being.

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9. What steps can you take to align your daily actions with your identified values and priorities?

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10. Reflect on any current goals or commitments. Do they align with your core values? If not, what adjustments can you make to bring them into alignment?

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Well done for completing. Take a moment to review your responses and reflect on the insights gained. Use this information to guide your goal-setting process and make intentional choices that align with your values and priorities. Remember that your values are the compass that can lead you towards a more fulfilling and purposeful life.

