



The Mind Strength Method Values Exercise

Values are like the foundations of a magnificent architectural structure – and that architectural structure is YOU.

A strong building is built on solid foundations, which enables the building to stay stable, even in the most turbulent weather. You, too, will feel more stable if you are built on solid foundations, in this case, your values. Alignment with your values will bolster your resilience against anxiety, low mood and stress, and will lead to a greater sense of fulfilment and wellbeing.

Over the years, I have used this exercise with my clients to help them to build a depth of awareness of and clarity on their personal and professional values.

How to uncover your values...

Start by going through the list of values or laying out your values cards and sorting the values into the following:

Very important to me

Moderately important to me

Not at all important to me

After you have selected your values take a look at your 'Moderately Important' values and review if on reflection you would like to move any to 'Very Important'.

Now, from the 'Very Important' group choose your top 12-15 values.

Now divide a piece of paper into 3 columns;

Column 1 – My Top Values

Column 2 – Importance

Column 3 – Alignment

Now rate each of the values in your list on:

- 1. Importance** – How important this value is in your life (0=not at all important to 5=most important)
- 2. Alignment** – The extent to which you are currently living your life in line with this value (0=no alignment to 5=in perfect alignment).

Now put an asterisk next to each of the values that are high on Importance and low on Alignment. For each of these, write down some values-driven goals and develop some action plans to live your life more in line with your values.

Values

	Very Important	Moderately Important	Not at all Important
Abundance – To have a life filled with heart-driven experiences	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Acceptance – To accept the people and experiences around me	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Achievement – To have accomplishments and successes	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Adventure – To have daring experiences	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Advocacy – To demonstrate public support or support for a cause	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ambition – To fulfil a strong desire to do or achieve something	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Appreciation – To recognise and enjoy the good qualities of someone or something	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Assertiveness – To stand up for myself while considering the needs of others	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Authenticity – To be honest and real in relationships	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Autonomy – To be independent and free from control by others	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Balance – To create time for the things that I value	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beauty – To appreciate the qualities around me	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Benevolence – To engage in acts of kindness and concern towards others	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Challenge – To take on situations that stretch my abilities	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Change – To enjoy variety in situations and experiences	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Charity – To engage in acts of generosity and give help to those in need	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Collaboration – To work with others to produce something	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Commitment – To be dedicated to a cause or activity	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Community – To engage with other groups with similar attitudes or interests	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Compassion – To behave with consideration for the wellbeing of myself and others	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Contribution – To do something for the benefit of others	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Courage – To approach things with confidence and bravery	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Creativity – To express ideas in new ways	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Values

	Very Important	Moderately Important	Not at all Important
Curiosity – To have a strong desire to know or learn something	●	●	●
Daring – To be adventurous or bold	●	●	●
Decisiveness – To make decisions quickly and effectively	●	●	●
Dedication – To be committed to a task or purpose	●	●	●
Dependability – To be able to be relied on	●	●	●
Diversity – To have a range of experiences and interests	●	●	●
Ecology – To act with respect for the environment	●	●	●
Empathy – To understand and engage with consideration of the feelings of others	●	●	●
Encouragement – To give others support, confidence and hope	●	●	●
Excellence – To have outstanding standards governing my actions	●	●	●
Excitement – To live life with enthusiasm and thrills	●	●	●
Fairness – To provide impartial and just treatment with others	●	●	●
Faithfulness – To have relationships built on loyalty and trust	●	●	●
Family – To have a cohesive and loving family	●	●	●
Fitness – To engage in physical activity and be toned or strong	●	●	●
Flexibility – To be willing to change or compromise when required	●	●	●
Focus – To concentrate on a task without distraction	●	●	●
Forgiveness – To let go of ill feelings towards others	●	●	●
Friendship – To have amicable, supportive relationships	●	●	●
Fun – To have light-hearted, positive and playful experiences	●	●	●
Generosity – To share in abundance	●	●	●
Genuineness – To be authentic and real	●	●	●
Growth – To keep developing and evolving	●	●	●
Health – To take action to look after my physical wellbeing	●	●	●
Helpfulness – To be available to support others	●	●	●
Honesty – To be truthful with myself and others	●	●	●

Values

	Very Important	Moderately Important	Not at all Important
Humour – To be amusing or engage in amusing experiences	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Inclusiveness – To let people in and make them feel welcome	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Independence – To do things for myself	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Individuality – To be true to the quality or character that distinguishes me from others	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Innovation – To pursue or create new methods, ideas or products	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Integrity – To engage ethically and honestly	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Intelligence – To acquire and apply knowledge and skills	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Intimacy – To share intimate connections with others	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Justice – To engage fairly and in line with rules	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Kindness – To be friendly, generous and considerate	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Leadership – To lead a group of people or an organisation	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Learning – To acquire knowledge or skills through education and experience	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Leisure – To engage in relaxing and rejuvenating activities	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Love – To share affection with others	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Loyalty – To demonstrate honest allegiance and support to others	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Making a Difference – To have a significant impact on a person, situation or society	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mastery – To have comprehensive knowledge or skill in a particular area	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mindfulness – To embrace the present moment intentionally and without judgement	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Minimalism – To live life with minimal needs	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Non-conformity – To move away from generally accepted ways of engaging or beliefs	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Personal Development – To consciously pursue personal growth	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Playfulness – To be light-hearted or full of fun	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Positivity – To have a positive outlook on experiences and individuals	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

Values

	Very Important	Moderately Important	Not at all Important
Purpose – To have a specific objective that you are working towards	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Relationships – To connect with others	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reliability – To be trustworthy or consistent	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Resilience – To bounce back from challenges	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Responsibility – To be able to be relied upon and accountable for my actions	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Romance – To engage in deep and exciting acts of love	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Self-Acceptance – To be kind to and accepting of myself	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Self-Esteem – To have self-respect and confidence in my own worth and abilities	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Service – To help or do work for others	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spirituality – To be in touch with a deeper sense of meaning or purpose	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stability – To have a fairly consistent life	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Teamwork – To engage cooperatively with a group	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tolerance – To respect differing opinions and behaviours	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Transparency – To be open and honest with nothing to hide	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trustworthiness – To be relied on as honest or truthful	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wealth – To have an abundance of valuable possessions or money	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wellbeing – To nurture my physical, mental and spiritual health	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
World Peace – To work towards establishing greater peace and harmony in the world	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

You are now ready to apply the Mind Strength Toolkit to live your life with greater fulfilment professionally and personally in line with your values.

For more useful resources, visit [Drjodie.com.au](https://drjodie.com.au)

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