



Values Clarification Exercise

Below is a list of common values. While you are likely to see many of them as attractive, take a highlighter, pen, or pencil and make note of those that are especially important for you. These may be values you want to develop, ones that are important, but you lose contact with, and/or values that you want to make important in your life (try to aim for 10 or less).

Acceptance	Family	Mindfulness	Self-compassion
Accomplishment	Fitness	Modelling	Self-development
Accountability	Flair	Money	Self-giving
Achievement	Flexibility	Nutritious eating	Self-reliance
Adventure	Focus	Open-mindedness	Self-thinking
Assertiveness	Forgiveness	Openness	Service
Attitude	Freedom	Orderliness	Sexuality
Authenticity	Friendliness	Passion	Simplicity
Calm	Friendship	Patience	Skilfulness
Challenge	Fun	Perfection	Skill
Change	Generosity	Persistence	Solving Problems
Collaboration	Good health	Personal Choice	Spirituality
Comfort	Gratitude	Physical health	Spontaneity
Commitment	Greatness	Physical movement	Standardisation
Communication	Growth	Pleasure	Status
Community	Happiness	Power	Structure
Compassion	Hard work	Practicality	Success
Competence	Harmony	Preservation	Teamwork
Competition	Honesty	Privacy	Time-effectiveness
Conformity	Humility	Progress	Tolerance
Connection	Humour	Prosperity	Tradition
Cooperation	Improvement	Purpose	Tranquility
Courage	Independence	Reciprocity	Transformation
Creativity	Individuality	Recognition	Trust
Curiosity	Industry	Regularity	Truth
Decisiveness	Inner peace	Relationships	Unity
Discipline	Innovation	Reliability	Variety
Discovery	Integrity	Resourcefulness	Wealth
Diversity	Intimacy	Respect	Wellbeing
Effectiveness	Intuitiveness	Respect fo others	Wisdom
Efficiency	Justice	Responsibility	Insert your own value here:
Empowerment	Kindness	Results-oriented	_____
Encouragement	Knowledge	Romance	_____
Equality	Leadership	Safety	_____
Excellence	Learning	Satisfaction	_____
Excitement	Love	Security	_____
Fairness	Loyalty	Self-awareness	_____
Faith	Meaning	Self-care	_____



weight management psychology

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Once you have identified some important values, you are ready to distill them even further.

My Identified Values

Here, write down the values you have highlighted (a maximum of 10). You may find on reflection of your smaller list, some values seem more important than others, so you can discard some to put more focus on others (if so, cross these ones out).

Distilling Values

Do any of these group together? You may find you can “group” or “bunch” two or three values together in a way that makes sense to you (for example, empowerment, freedom, and personal choice may go together). If so, distill your values by grouping them. You can choose to have the grouping as a value, or the one word that expresses the value best for you!



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Linking Values with Goals

Do any of these values relate to your specific goals? You may also be able to find values that are related to certain goals (e.g., from your goal-setting sheet, nutritious eating may be a value relating to a goal of reducing blood sugar level).

(If you identify specific values underlying certain goals, being mindful of the important value as well as the goal you can develop a deeper internal motivation around those goals).

<p style="text-align: center;">Goal 1</p> <p>(from WMP goal-setting© sheet)</p> <hr/> <p>Values around goal</p> <hr/>	<p style="text-align: center;">Goal 2</p> <p>(from WMP goal-setting© sheet)</p> <hr/> <p>Values around goal</p> <hr/>
<p style="text-align: center;">Goal 3</p> <p>(from WMP goal-setting© sheet)</p> <hr/> <p>Values around goal</p> <hr/>	<p style="text-align: center;">Goal 4</p> <p>(from WMP goal-setting© sheet)</p> <hr/> <p>Values around goal</p> <hr/>

Whether you group some or leave them individually, relate them to your specific goals, or have them more generally as values to develop, aim to end up with around 3 - 5 (sets of) values – this will make them easier to remember and implement. Then you can choose how to remind yourself of your values, to help you be mindful to develop them as a way of being in everyday life (this may be as an affirmation, a written reminder, or a regular check-in with your values compass!).

How I will remind myself of my values