

We're going to start this chapter a little differently to all the others: no cartoons, just an exercise on clarifying your values. Please complete it before reading the rest of the book, it's very important for everything that follows later.

**EXERCISE: CLARIFY YOUR VALUES**

Below are 40 of the most common values. Please read through the list and write a letter next to each value, based on how important it is to you:

V = very important  
 Q = quite important  
 N = not important

1. Acceptance/self-acceptance: to be accepting of myself, others, life, etc.	<input checked="" type="checkbox"/> Q
2. Adventure: to be adventurous; to actively explore novel or stimulating experiences	<input type="checkbox"/> N
3. Assertiveness: to respectfully stand up for my rights and request what I want	<input checked="" type="checkbox"/> Q
4. Authenticity: to be authentic, genuine, and real; to be true to myself	<input checked="" type="checkbox"/> Q
5. Caring/self-care: to be caring toward myself, others, the environment, etc.	<input checked="" type="checkbox"/> Q
6. Compassion/self-compassion: to act kindly toward myself and others in pain	<input checked="" type="checkbox"/> Q
7. Connection: to engage fully in whatever I'm doing and be fully present with others	<input checked="" type="checkbox"/> V
8. Contribution and generosity: to contribute, give, help, assist, or share	<input checked="" type="checkbox"/> Q
9. Cooperation: to be cooperative and collaborative with others	<input checked="" type="checkbox"/> Q
10. Courage: to be courageous or brave; to persist in the face of fear, threat, or difficulty	<input checked="" type="checkbox"/> V
11. Creativity: to be creative or innovative	<input checked="" type="checkbox"/> Q
12. Curiosity: to be curious, open-minded, and interested; to explore and discover	<input checked="" type="checkbox"/> V
13. Encouragement: to encourage and reward behavior that I value in myself or others	<input checked="" type="checkbox"/> Q
14. Excitement: to seek, create, and engage in activities that are exciting or stimulating	<input type="checkbox"/> N
15. Fairness and justice: to be fair and just to myself or others	<input checked="" type="checkbox"/> V
16. Fitness: to maintain or improve or look after my physical and mental health	<input checked="" type="checkbox"/> Q
17. Flexibility: to adjust and adapt readily to changing circumstances	<input checked="" type="checkbox"/> V
18. Freedom and independence: to choose how I live and help others do likewise	<input checked="" type="checkbox"/> V
19. Friendliness: to be friendly, companionable, or agreeable toward others	<input checked="" type="checkbox"/> Q
20. Forgiveness/self-forgiveness: to be forgiving toward myself or others	<input checked="" type="checkbox"/> Q
21. Fun and humor: to be fun loving; to seek, create, and engage in fun-filled activities	<input checked="" type="checkbox"/> Q
22. Gratitude: to be grateful for and appreciative of myself, others, and life	<input checked="" type="checkbox"/> Q
23. Honesty: to be honest, truthful, and sincere with myself and others	<input checked="" type="checkbox"/> V
24. Industry: to be industrious, hardworking, and dedicated	<input checked="" type="checkbox"/> V
25. Intimacy: to open up, reveal, and share myself, emotionally or physically	<input checked="" type="checkbox"/> Q
26. Kindness: to be kind, considerate, nurturing, or caring toward myself or others	<input checked="" type="checkbox"/> Q
27. Love: to act lovingly or affectionately toward myself or others	<input checked="" type="checkbox"/> Q
28. Mindfulness: to be open to, engaged in, and curious about the present moment	<input checked="" type="checkbox"/> V
29. Order: to be orderly and organized	<input checked="" type="checkbox"/> Q
30. Persistence and commitment: to continue resolutely, despite problems or difficulties.	<input checked="" type="checkbox"/> Q
31. Respect/self-respect: to treat myself and others with care and consideration	<input checked="" type="checkbox"/> Q
32. Responsibility: to be responsible and accountable for my actions	<input checked="" type="checkbox"/> Q
33. Safety and protection: to secure, protect, or ensure my own safety or that of others	<input checked="" type="checkbox"/> Q
34. Sensuality and pleasure: to create or enjoy pleasurable and sensual experiences	<input checked="" type="checkbox"/> Q
35. Sexuality: to explore or express my sexuality	<input checked="" type="checkbox"/> Q
36. Skiffulness: to continually practice and improve my skills and apply myself fully	<input checked="" type="checkbox"/> V
37. Supportiveness: to be supportive, helpful, and available to myself or others	<input checked="" type="checkbox"/> V
38. Trust: to be trustworthy; to be loyal, faithful, sincere, and reliable	<input checked="" type="checkbox"/> V
39. Other: .....	<input type="checkbox"/>
40. Other: .....	<input type="checkbox"/>

Adapted from *The Confidence Gap* by Russ Harris (Boston: Trumpeter, 2008).

Top Values

- Connection & Mindfulness
- Courage
- Curiosity & Truth seeking & Skillfulness
- Fairness
- Flexible & Resilient
- Freedom & Independence
- Honesty & Trust
- Industry
- Supportiveness