

Assessing your Values – Exercise.

This exercise is best done with a separate sheet of paper to take notes.

1. Determine your core values. From the list below, choose and write down every core value that resonates with you. Do not overthink your selections. As you read through the list, simply write down the words that feel like a core value to you personally on a separate sheet of paper – or highlight them on this pdf. If you think of a value you possess that is not on the list, be sure to write it down as well.

Connection	Humour	Participation	Tenacity
Service	Excellence	Harmony	Self-expression
Spirituality	Enthusiasm	Beauty	Honesty
Zest	Growth	Tranquillity	Risk taking
Joy	Tradition	Accomplishment	Orderliness
Free Spirit	Focus	Integrity	Vitality
Common sense	Sensitivity	Kindness	Equality
Achievement	Resilience	Community	Success
Dedication	Creativity	Elegance	Adventure
Peace	Fairness	Challenge	Dependability
Understanding	Diversity	Dignity	Compromise
Caring Realism	Family	Duty	Respect Space
Acceptance	Humility	Caution	Responsibility
Effort	Optimism	Curiosity	Originality
Humanity	Tolerance	Patience	Openness
Independence	Love	Sincerity	Truth
Freedom	Frankness	Abundance	Persistence
Reliability	Friendship	Loyalty	Commitment
	Faith	Security	

2. Group all similar values together from the list of values you just created. Group them in a way that makes sense to you, personally. Create a maximum of five groupings. If you have more than five groupings, drop those least important. See the example below.

Abundance Growth Wealth Security Freedom Independence Flexibility Peace	Acceptance Compassion Inclusiveness Intuition Kindness Love Making a Difference Open-Mindedness Trustworthiness Relationships	Appreciation Encouragement Thankfulness Thoughtfulness Mindfulness	Balance Health Personal Development Spirituality Well-being	Cheerfulness Fun Happiness Humour Inspiration Joy Optimism Playfulness
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My values – Step 2

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3. Choose one word within each grouping that best represents the label for the entire group. Again, do not overthink your labels. There are no right or wrong answers. You are defining the answer that is right for you. See the example below – the label chosen for the grouping is bolded.

Abundance Growth Wealth Security Freedom Independence Flexibility Peace	Acceptance Compassion Inclusiveness Intuition Kindness Love Making a Difference Open-Mindedness Trustworthiness Relationships	Appreciation Encouragement Thankfulness Thoughtfulness Mindfulness	Balance Health Personal Development Spirituality Well-being	Cheerfulness Fun Happiness Humour Inspiration Joy Optimism Playfulness
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My values – Step 3

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Reflection questions:

Consider what you have taken from this exercise.

How difficult was it to make the select your values?

Which of the values selected might be an asset as a mentor?

Which of the selected values might not serve quite as well as a mentor?

How might you build on strengths and weaknesses identified regarding values and their fit for becoming an excellent mentor?