

# Self-Awareness / Values Activity

## Purpose

Self-awareness is one of the important competencies within emotional intelligence. Self-awareness is about understanding your strengths, limitations, attitudes, values and motivations.

In this exercise, we will reflect on our values and see exactly what matters to us the most.

Self-awareness helps us understand what we believe now and how this might have changed from the past. That means we can do this exercise periodically, such as once a year, and we can expect to get different results each time.

Comparison of these results on their own can be quite educational and help to increase our self-awareness.

## Objective

Go through the values provided and select the best ones based on the instructions provided.

### ➤ What You Need

A copy of the "Value List" provided below.

### ➤ What to do

Go through the Values List and identify ten values that you strongly believe in or that are important to you. The list is provided as a reference only. You can add any other value you feel strongly about to the list and select it as part of your most important ten values.

Now, write these values on a separate piece of paper. For best results, you should be as honest as you can. You should not pick values to show off, or ones that you think are politically correct or popular fashion. You should choose only based on what's important to YOU.

Now in the next step, select only five values from the ten you have selected. This is now much harder, but the selection process will force you to see what you truly value the most.

Now spend a few minutes reflecting and thinking about what your choices really mean to you.

## Reflection

As yourself these questions and reflect on your answers:

What did you learn about yourself in this exercise?

Was it difficult to select the ten values?

How about narrowing it down to five values?

Did you add any new values to the list?

If you have gone through this exercise in the past, were your values any different?

# Values List

Love and care	Growth	Challenge
Community	Being rich	Power
Variety	Inner happiness	Personal development
Stability	Honesty	Religion
Efficiency	Selflessness	Reputation
Friendships	Family	Novelty
Fame	Creativity	Elegance
Competence	Status	Self-respect
Ecological awareness	Intellectual freedom	Modesty
Political correctness	Job security	Helping society
Ethical behaviour	Knowledge	Influencing others
Financial freedom	Merit	Risk taking
Financial security	Meaningful work	Recognition
Achievement	Routine	Certainty
Adventure	Leadership	Truth
Perfectionism	Independence	Working for yourself
Competition	Loyalty	Working with others
Order and law	Respecting nature	Gratitude
Privacy	Close relationships	