

Wise

Caterpillar
 Personal Values

Value “I am or would like to be ...”	I am always this	I am this sometimes	I want to be this	I don’t care about this
Adaptable				
Adventurous				
Affectionate				
Artistic				
Assertive				
Balanced				
Beautiful				
Calm				
Challenging				
Clutter free				
Charitable				
Community minded				
Competitive				
Committed to someone				
Collaborative				
Communicative				
Compassionate				
Congruent				
Conflict resolving				
Co-operative				
Creative				
Curious				
Debt-free				
Decisive				
Democratic				
Direct				
Diversity aware				
Ecologically responsible				
Educated				
Efficient				
Egalitarian				
Elegant				
Emotionally mature				
Enabling				
Energetic				
Entrepreneurial				
Ethical				
Enthusiastic				
Excellence oriented				

Value "I am or would like to be ..."	I am always this	I am this sometimes	I want to be this	I don't care about this
Expert				
Family oriented				
Faithful				
Financially adventurous				
Financially safe				
Financially secure				
Fitness				
Freed				
Flexible				
Friendly				
Forgiving				
Generous				
Goal oriented				
Grateful				
Good enough parent				
Good daughter/son				
Groomed				
Habit free				
Happy				
Healthy				
Helpful to others				
Honest				
Imaginative				
Independent				
Intimate with partner				
Interdependence aware				
Inspiration				
Influential				
Intuitive				
Inspirational				
Intelligent				
Interested				
Interesting				
Joyous				
Kind				
Knowledgeable				
Leadership oriented				
Leadership				
Learning oriented				
Loving				
Mentally alert				

Value "I am or would like to be ..."	I am always this	I am this sometimes	I want to be this	I don't care about this
Mindful				
Musical				
Nature oriented				
Neighbourly				
Nutrition aware				
Open minded				
Organised				
Outspoken				
Passionate				
Peaceful				
Personally developing				
Phobia free				
Philosophical				
Physically fit				
Pleasure focused				
Polite				
Politically aware				
Powerful				
Private				
Professional				
Reflective				
Relaxed				
Reliable				
Religious				
Respect				
Responsible				
Safe				
Secure				
Self accepting				
Self motivating				
Self respecting				
Sensitive				
Sensual				
Sexy				
Spiritual				
Sporty				
Sociable				
Socially aware				
Sophisticated				
Strong				
Synergistic				



Do any of your values conflict? If they do, what can you do to reduce that conflict?

Are your priority values ones you personally, consciously choose to uphold in the here and now? If they are, what evidence is there in your daily life, that you live by these values?

If they're not your values, you need to engage in a process to resolve the internal conflict. A coach or therapist may help you with such a challenge.

If they're your values and they're not self evident within your present life, are you willing to change that? If so, what will you do to change that?

Are there values you would like to hold? Are there values you would like to make more of a priority? If so, which other values are you willing to demote? (Bearing in mind that, yes, you will often be able to meet several values simultaneously ... therefore this re-prioritisation is just to ensure that, should a future conflict mean you have to choose you between two values, you will be prepared).

You may also wish to consider whether your goals in life uphold your values. Failure to align your goals with your priority values can lead to self-sabotage, confusion, conflicting demands and, ultimately, to emotional distress.

Finally, you may also wish to write a Personal Mission Statement now. This should state the impact you wish to have on the world as a result of living out your values.