

City Lions

The Values Compass

Aligning with what really matters to you.

1

Qualities and behaviours you admire

Identify and list the qualities, beliefs, and behaviours (e.g. values) you admire in people you look up to. These can help reveal values you aspire to embody. Aim for at least 10 qualities.

2

Identifying dissatisfactions and breached values

Think about a time when you were dissatisfied. It can be about anything - a disagreement with a friend/family member/teacher, an experience in a shop or public venue, or something that is happening in your life.

What was happening in that situation and what were you unhappy about?

Why were you unhappy with it?

What values was that breaching for you? List some of those values

3

Discovering resonating values

Set out below is a list of values. Go through the list and highlight those that really resonate with you. This process helps narrow down the values that align with your authentic self. Don't overthink it.

Accomplishment	Drive	Integrity	Realism
Accountability	Duty	Intelligence	Recognition
Achievement	Efficiency	Joy	Reflectiveness
Advancement	Empathy	Justice	Reliability
Adventure	Energy	Kindness	Resourcefulness
Agility	Enthusiasm	Knowledge	Resilience
Appreciation	Equality	Leadership	Respect
Autonomy	Excitement/risk	Learning	Responsibility
Balance	Fairness	Leisure	Safety
Beauty	Fame	Listening	Security
Belonging to a group	Family	Logic	Self-expression
Boldness	Financial security	Love	Selflessness
Bravery	Flexibility	Loyalty	Sensitivity
Building something	Focus	Mastery	Service
Calmness	Freedom	Modesty	Silence
Challenge	Friendships	Motivation	Simplicity
Change	Fun	Neatness	Spirituality
Cheerfulness	Generosity	Open-mindedness	Stability
Collaboration	Growth	Optimism	Status
Commitment	Happiness	Organisation	Teamwork
Compassion	Harmony	Originality	Tenacity
Competition	Health	Passion	Thoughtfulness
Confidence	Helpfulness	Patience	Tolerance
Cooperation	Honesty	Patriotism	Traditional
Courtesy	Humility	Perseverance	Trust
Creating new things	Humour	Personal development	Understanding
Creativity	Imagination	Physical activity	Victory
Credibility	Inclusion	Potential	Vitality
Curiosity	Independence	Power	Vision
Daring	Influencing people	Preparedness	Warmth
Decisiveness	Initiative	Professionalism	Wealth
Dignity	Insightfulness	Rationality	Wisdom
Diversity			



3

Finding your own values

Analyse the themes from your responses to the previous questions and select your six core values. These should reflect the principles that energise and motivate you, forming the foundation for decision-making and personal fulfilment.

Remember, when you are working in alignment with your core values, they drive you, motivate you and give you energy. Knowing this information can help you make decisions around what you might want to do in the future.

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