

# AWS Values Exercise

Your Values are what is important to you in life. Knowing your Values helps you understand what drives you – what you enjoy, inspires you and would like more of.

Values change over time and deepen as you understand yourself better – they are always moving. Your Values can also be situational - so what is true for you at work may not be true for you at home.

Finally, the Values "List" below is ONLY to give you some ideas of example or sample values. We are each unique, so there will undoubtedly be words that are missing from this list, and different words that sum up your Value better. If so, feel free to add those words to the list below.

**Complete your own copy first. Then provide a copy of this list to at least 5 (more if possible) friends, family, colleagues who know you fairly well. Ask them to circle the top 10 values they see when they think of you. Collect answers and identify values most commonly listed compared to what you identified.**

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|--------------------|-------------------|---------------------|
| 1. Accomplishment  | 34. Focus         | 67. Peace           |
| 2. Accuracy        | 35. Forgiveness   | 68. Presence        |
| 3. Acknowledgement | 36. Freedom       | 69. Productivity    |
| 4. Adventure       | 37. Friendship    | 70. Recognition     |
| 5. Authenticity    | 38. Fun           | 71. Respect         |
| 6. Balance         | 39. Generosity    | 72. Resourcefulness |
| 7. Beauty          | 40. Gentleness    | 73. Romance         |
| 8. Boldness        | 41. Groundedness  | 74. Safety          |
| 9. Calm            | 42. Growth        | 75. Self-Esteem     |
| 10. Challenge      | 43. Happiness     | 76. Service         |
| 11. Collaboration  | 44. Harmony       | 77. Simplicity      |
| 12. Community      | 45. Health        | 78. Spirituality    |
| 13. Compassion     | 46. Helpfulness   | 79. Spontaneity     |
| 14. Comradeship    | 47. Honesty       | 80. Strength        |
| 15. Confidence     | 48. Honour        | 81. Tact            |
| 16. Connectedness  | 49. Humour        | 82. Thankfulness    |
| 17. Contentment    | 50. Idealism      | 83. Tolerance       |
| 18. Contribution   | 51. Independence  | 84. Tradition       |
| 19. Cooperation    | 52. Innovation    | 85. Trust           |
| 20. Courage        | 53. Integrity     | 86. Understanding   |
| 21. Creativity     | 54. Intuition     | 87. Unity           |
| 22. Curiosity      | 55. Joy           | 88. Vitality        |
| 23. Determination  | 56. Kindness      | 89. Wisdom          |
| 24. Directness     | 57. Learning      | 90. _____           |
| 25. Discovery      | 58. Listening     | 91. _____           |
| 26. Ease           | 59. Love          | 92. _____           |
| 27. Effortlessness | 60. Loyalty       | 93. _____           |
| 28. Empowerment    | 61. Optimism      | 94. _____           |
| 29. Enthusiasm     | 62. Orderliness   | 95. _____           |
| 30. Environment    | 63. Participation | 96. _____           |
| 31. Excellence     | 64. Partnership   | 97. _____           |
| 32. Fairness       | 65. Passion       | 98. _____           |
| 33. Flexibility    | 66. Patience      | 99. _____           |
|                    |                   | 100. _____          |

**Remember:** When it comes to Values, there is no right or wrong – only who WE are!