

Work sheet

My Values as a Performer

Work ethic

Spirituality

Security

Responsibility

Respect

Reciprocity

Authority

Perspective

Endurance

Consciousness

Dreaming

Love

Learning

Leadership

Independence

Humor

Humility

Hope

Honesty

Gratitude

Friendliness

Forgiveness

Flexibility

Fairness

Curiousness

Creativity

Courage

Contribution

Togetherness

Compassion

Cooperation

Beauty

Balance

Authenticity

Self-confidence

Adventure

Confidence (in others)

Materialism

Skillfulness

Fun

Excitement

Health

Continuity

Acceptance

Performance

Legacy

Loyalty

Cordiality

Exercise description

Step 1

- Mark the words the you feel describe you. Be honest about it. It is not about what looks good. It is about what your actual experience is and what feels good.
- Choose as many as you like, but not all the words. If you choose all, it is the same as choosing none.
- Spend as much time as you like, but do not overthink it.

Exercise description

Step 2

- When looking at the words you have marked, think about whether some of them are naturally connected with each other.
- Draw lines between the words you feel are connected. A word can be connected to more than one other word.
- Please do not connect all words to all the other words. Again, if you choose everything, you choose nothing.
- You should be left with 3-5 groups of words. See what word is the main one, describing that group. These groups should represent your core-values, with the underlining sub-values.
- Spend as much time as you like, but do not overthink it.