



Becoming clear on your values will provide you with an important anchor and give you a deeper sense of ease as you navigate your diagnosis with MS, work, life and everything in between.

Here is how to use this Values Assessment Tool:

1. Find a quiet place to begin, it's best to do this exercise when you have at least 15 minutes of uninterrupted time, perhaps in the evening. Find a quiet space, print the values list below (Page 2) and have a pen ready.
2. Trust your body as you choose your 20 top values or more, try to listen to your body rather than your mind. Perhaps there is a word that you think you should value, but it feels hollow. Go with your gut feeling, choose the words that make your body feel light and that resonate on a deeper level. (You will feel this)
3. After the exercise is complete, create space once you have chosen your top 3 core values, take a break. Go for a walk, sleep on it, create space and allow it to settle in. Come back to your list a few hours or even days later and make sure these values still resonate. Be open and honor your process.

The Values Exercise

For the first step, chose 20 values from the values sheet below. Some of these will be obvious and be easily identified, others may take a little time. This is ok there is no rush and take deep breaths and remain in the present moment. If you find your mind drifting to the past or future focus on one object in front of you and breathe.



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The next step is to refine your list to ten. Follow the same process and take your time.

The third step is to refine your list to 5 and remember to breathe and feel through this process.

The 4th and final step, take a break walk round the block. Think through your selection of 5, are some more easily remembered than others? How does each word make you feel? Then when ready, select your 3 core values from your list of 5.

There is no right or wrong answer, this is you and the beautiful person you are!

Read the list Below and circle the top 20 values that stand out to you

Abundance	Beauty	Decisiveness	Experimenting
Acceptance	Being the best	Dependability	Expression
Accomplishment	Bliss	Determination	Fame
Accountability	Boldness	Dignity	Family
Accuracy	Certainty	Diligence	Feeling good
Achievement	Choice	Directness	Flexibility
Acknowledgement	Clarity	Discipline	Flow
Activeness	Collaboration	Discovery	Focus
Adventure	Commitment	Ease	Freedom
Aesthetics	Community	Elegance	Friendship
Altruism	Compassion	Emotions	Fun
Amusement	Competition	Empathy	Generosity
Appreciation	Completion	Empowerment	Gentleness
Approval	Comradeship	Encouragement	Growth
Artistry	Connectedness	Energy	Happiness
Attraction	Contribution	Enjoyment	Harmony
Authenticity	Control	Enthusiasm	Health
Autonomy	Courage	Excellence	Honesty
Awareness	Creativity	Excitement	Humility
Balance	Daring	Experience	Humor



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Imagination	Productivity
Impact	Realism
Improvement	Reason
Independence	Recognition
Information	Relaxation
Inner life	Reputation
Inspiration	Resourcefulness
Integrity	Respect
Intellect	Responsibility
Intimacy	Risk Taking
Inventiveness	Romance
Joy	Sacrifice
Justice	Satisfaction
Kindness	Security
Knowledge	Self-expression
Leadership	Self-reliance
Learning	Sensitivity
Legacy	Sensuality
Liveliness	Significance
Love	Solitude
Loyalty	Spirituality
Mastery	Spontaneity
Meaning	Stewardship
Mindfulness	Style
Nature	Success
Nurturing	Support
Open-mindedness	Teaching
Openness	Traditions
Optimism	Tranquility
Orderliness	Trust
Originality	Understanding
Outdoors	Vitality
Participation	Vulnerability
Passion	Wealth
Patience	Willfulness
Peace	Winning
Perfection	Wisdom
Persistence	Wonder
Philanthropy	Worthiness
Play	Zest
Playfulness	
Popularity	
Power	
Preparedness	
Privacy	