

# THE CLARITY METHOD

Below is a list of sample core values and anti-values.

This list is solely intended to give you a general idea of what is meant by the term value and anti-value.

In no way is either list complete and if you can find all your eight from both sides on this sheet then it's doubtful you have given it enough thought.

There are a great many more values and anti-values than you see below.

Therefore, please take the time to really consider what is deeply important to you and do not simply presume you have to choose from the lists.

Values can be traits you have in yourself that you like, traits or characteristics you see in other people that you strongly admire (or with anti-values, abhor). Or they can be more nebulous and abstract than that. I am looking more for a visceral, gut feeling response, than an analytical one.

When you have taken the time to consider the 8 values resonate the most with you, just type them into The Clarity Method matrix. Save them and then repeat the process for the anti-values. Then send both to me at least 48 hours prior to our next meeting.

**Please don't try and arrange them in any order** or give any explanations of what the word means to you.

It is important to remember they are your personal values and that you go with your initial gut feeling and do not try and list what you think is expected of you.

## Core Values (samples only)

Authenticity

Bravery

Commitment

Community

Connection

Creativity

Diversity

Equality

Fairness

Family

Forgiveness

Freedom

Fun

Gratitude

Growth

Health

Humour

Humility

Honesty

Integrity

Justice

Kindness

Knowledge

Leadership

Love

Nurturing

Open-mindedness

Optimism

Passion

Peace

Persistence

Positivity

Prudence

Self-control

Significance

Security

Spirituality

Stability

Trust

Wisdom

# Anti-Values (samples only)

Aggression

Anger

Anxiety

Apathy

Arrogance

Conflict

Contempt

Cynicism

Death

Dishonesty

Disgust

Fear

Frivolity

Greed

Hate

Hypocrisy

Immorality

Injustice

Isolation

Jealousy

Laziness

Misery

Pain

Pomposity

Poverty

Procrastination

Stress

Suspicion

Worry