



RISE LEADERSHIP, LLC

VALUES EXERCISE

INSTRUCTIONS

- Your values represent what's important to you. Knowing your values helps you understand what drives you, what inspires you, and what makes you who you are. It helps to go into a job interview or any meeting knowing what's important to you.
- By **building your life, leadership and business around your values**, you can create a **life that is more satisfying, meaningful and IMPACTFUL**.
- Please select 3 – 5 words that represent your values. In the first review select all words that reflect your values. In the second review, narrow down the list to no more than five. Prioritize your list if you choose. (5 – 7 minutes)

IMPORTANT:

- Values change over time, and deepen as you understand yourself better.
- Your values can also be situational (what's true for you at work may not be true at home).
- The Sample Values List below is comprehensive, but not complete. It will prompt your thinking, but there may be words that are missing from this list. Feel free to amend or add to create your own values list.

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

Remember: When it comes to Values, YOUR choice is always the right choice. When in doubt, go with your first thought.