

Values Exercise Directions: Sort through the values below, placing a check-mark near all the values that mean something to you. Next, go through them again, trying to get down to your top ten values. Now go through again, this time narrowing the list to three - five values that are most meaningful to you. These are your core values. When you live your life in alignment with your core values, chances are you are living more joyfully and with purpose. When you are out of alignment with your core values, you are likely to feel stressed, anxious, or bored.

Accountable: takes responsibility for both actions & outcomes

Achievement: aspires to high levels of excellence

Appreciation of Beauty & Excellence: [awe, wonder] noticing, appreciating, & being in the midst of beauty, excellence, and / or skilled performance in various domains of life from nature & wilderness, to art, math, science, and everyday experience

Authority: possess power over decisions, people, assets

Balance: balance time & effort between work, home, other interests

Bravery: Not shrinking from threat, challenge, difficulty or pain; speaking up for what is right; acting on convictions

Change: looks for ways to do things differently, continuous improvement

Commitment: dedication, bound to a course of action

Competence: possess skill, knowledge & ability to perform effectively

Creativity / Innovation: think outside the box; try new ways to achieve a goal

Curiosity: [interest, novelty-seeking, openness to experience] taking an interest in ongoing experience for its own sake; finding subjects & topics fascinating; exploring & discovering

Customer Satisfaction: achieve excellence in customer satisfaction

Diversity: respect a variety of cultures / lifestyles

Effectiveness: executing with precision to achieve results

Efficiency: produce results in a timely manner with a minimum of waste, expense or unnecessary effort

Fairness: treating people equally and being treated equally

Fitness / Wellness: being fit; healthy, optimal well-being

Fun: playfulness, ability to laugh and express humor

Growth: invest in lifelong learning, personal development, self-education

Honesty: [Authenticity, Integrity] speaking the truth but more broadly presenting oneself in a genuine way and acting in a sincere way; being without pretense; taking responsibility for one's feelings and actions

Forgiveness: forgiving those who have done wrong; accepting the shortcomings of others; giving people a second chance; not being vengeful

Gratitude: Being aware of and thankful for the good things that happen; taking time to express thanks

Hope: [optimism, future-mindedness, future orientation] expecting the best in the future and working to achieve it; believing that a good future is something that can be brought about

Humility: Letting accomplishments speak for themselves; not regarding oneself as more special than others

Independence: free from the influence, guidance, or control of others

Judgment: [critical thinking] thinking things through and examining them from all sides; not jumping to conclusions; being able to change one's mind in light of evidence; weighing all evidence fairly

Kindness: [generosity, nurturance, care, compassion, "niceness"] doing favors and good deeds for others; helping them, taking care of them

Leadership: Encouraging a group of one which is a member to get things done and at the same time maintain good relations within the group; organizing group activities and seeing that they happen

Legacy: making a difference today with tomorrow in mind, succession

Loyalty: faithful to a person, an ideal, a custom, a cause or a duty

Love: valuing close relations with others, in particular those in which sharing and caring are

reciprocated; being close to people

Learning / Knowledge: Mastering new skills, topics and bodies of knowledge, whether on one's own or formally; adding systematically to one's knowledge

Money / Wealth: an abundance of valuable material possessions, riches

Passion / Zest: [vitality, enthusiasm, vigor, energy] approaching life with excitement and energy; not doing things half-heartedly; living life as an adventure; feeling alive and activated

Perseverance: [persistence, industriousness] finishing what one starts; persisting in a course of action in spite of obstacles; "getting it out the door", taking pleasure in completing tasks

Prudence: being careful about one's choices; not taking undue risks; not saying or doing things that might later be regretted

Self-regulation: [self-control] regulating what one feels and does; being disciplined; controlling one's appetites and emotions

Simplicity: lack of complexity or complication

Social Intelligence: [emotional intelligence, personal intelligence] being aware of the motives and feelings of other people and oneself; knowing what to do to fit into different social situations; knowing what makes other people tick

Status: holding a position of importance, high standing, prestige

Spirituality: [faith, purpose] having coherent beliefs about the higher purpose and meaning of the universe; knowing where one fits within the larger scheme; having beliefs about the meaning of life that shape conduct and provide comfort

Structure: formality, processes, & systems

Teamwork: cooperative effort by a group or a team

Trust: firm reliance on the integrity, ability, or character of a person or thing

Urgency: fast paced, swift, action oriented

Volunteerism / Service / Activism: serving the community, or the greater whole.

Wisdom / Perspective: ability to provide wise counsel to others; having ways of looking at the world that make sense to oneself and to other people