



Personal Values

Select the Top 7 Personal Values

Accountability	Dialogue	Independence	Risk-taking
Achievement	Ease with uncertainty	Integrity	Safety
Adaptability	Enthusiasm	Initiative	Self-discipline
Ambition	Entrepreneurial	Intuition	Success
Attitude	Environmental	Job security	Teamwork
Awareness	Efficiency	Leadership	Trust
Balance (home/work)	Ethics	Listening	Vision
Being the best	Excellence	Making a difference	Wealth
Caring	Fairness	Open communication	Well-being
Coaching Mentoring	Family	Openness	Wisdom
Commitment	Financial stability	Patience	
Community Involvement	Forgiveness	Perseverance	
Compassion	Friendships	Professional Growth	
Competence	Future generations	Personal fulfillment	
Conflict Resolution	Generosity	Personal growth	
Continuous learning	Health	Power	
Cooperation	Honesty	Recognition	
Courage	Humility	Reliability	
Creativity	Humor/fun	Respect	
		Responsibility	



Values Development Exercise

In this exercise you are asked to choose your top three values from the ten you originally chose above and to start to examine why these are so important to you. Completing this will help you think more about how these values influence your actions and understand why you may respond in a certain way if someone acts in a manner that goes against one of these values.

From the 7 values chosen, think about the three that are most important to you? Write them in the spaces below.	Why do you believe that this value is important to you?	Recall a moment in your life when you really lived this value. What behaviors did you exhibit that support this value?	How might you react if this value was not being honored by others? Describe your feelings, thoughts and actions.
1.			
2.			
3.			