

Focusing on What's Important

A Values Exercise¹

1. Start by writing down the things that make life meaningful for you, the reason you get out of bed in the morning.
2. What kind of legacy do you hope to leave? If the “you today” asked the “you at 80 years of age” what they have accomplished and what has been most meaningful in life, what do you think the 80-year-old version of you would say?

¹ Adapted from Biswas-Diener's "Writing Mission Statements."

Values List

Accountability
Accuracy
Achievement
Adventurousness
Altruism
Ambition
Assertiveness
Balance
Being the best
Belonging
Boldness
Calmness
Carefulness
Challenge
Cheerfulness
Clear-mindedness
Commitment
Community
Compassion
Competitiveness
Consistency
Contentment
Continuous Improvement
Contribution
Cooperation
Correctness
Courtesy
Creativity
Curiosity
Decisiveness
Dependability
Determination
Devoutness
Diligence
Discipline
Discretion
Diversity
Dynamism
Effectiveness
Elegance
Empathy
Enjoyment
Enthusiasm
Excellence
Excitement

Expertise
Exploration
Expressiveness
Fairness
Faith
Family- orientedness
Fidelity
Fitness
Fluency
Focus
Freedom
Fun
Generosity
Goodness
Grace
Growth
Happiness
Hard Work
Health
Helping Society
Holiness
Honesty
Honor
Humility
Independence
Ingenuity
Inner Harmony
Inquisitiveness
Insightfulness
Intelligence
Intellectual Status
Intuition
Joy
Justice
Leadership
Legacy
Love
Loyalty
Making a difference Mastery
Obedience
Openness
Order
Originality
Perfection
Piety
Positivity

Practicality
Preparedness
Professionalism
Prudence
Quality-orientation
Reliability
Resourcefulness
Restraint
Results-oriented
Rigor Security
Self-actualization
Self-control
Selflessness
Self-reliance
Sensitivity
Serenity
Service
Shrewdness
Simplicity
Soundness
Speed
Spontaneity
Stability
Strategic
Strength
Structure
Success
Support
Teamwork
Temperance
Thankfulness
Thoroughness
Thoughtfulness
Timeliness
Tolerance
Traditionalism
Trustworthiness
Truth-seeking
Understanding
Uniqueness
Unity
Usefulness
Vision
Vitality