



Identifying Your Values

By identifying our values, we can begin to design a life that is in better alignment with our true self. Keep in mind that values are different for everyone—you are the only one who can identify your values.

To get started, think about the list of values below. Circle your most important 3-5 values. Feel free to add additional values if they are not included on the list.

Authenticity	Adventure	Balance
Bravery	Compassion	Challenge
Citizenship	Community	Creativity
Curiosity	Determination	Fairness
Freedom	Friendships	Fun
Generosity	Growth	Honesty
Influence	Justice	Kindness
Knowledge	Leadership	Learning
Love	Loyalty	Openness
Optimism	Recognition	Respect
Responsibility	Security	Self-Respect
Social Connection	Spirituality	Stability
Status	Wealth	Wisdom
Other values: _____		