



Exercise: Your Personal Values

From the list of values below highlight 10-15 values that appeal to you. This is not intended to be an exhaustive list, so add or make changes to the list to include values that are true to you.

Persistence	Understand	Intensity	Determined
Humor	Gratitude	Responsibility	Service
Sensitive	Friendship	Security	Influence
Assist	Tolerance	Knowledge	Fun
Optimism	Excellence	Sincerity	Authenticity
Integrate	Make a difference	Win	Innovate
Competence	Contribute	Accomplish	Independence
Accountability	Freedom	Integrity	Involvement
Respect	Commitment	Inspire	Altruism
Utilize	Empathy	Decisiveness	Harmony
Passion	Creativity	Courage	Originality
Tradition	Concern	Power	Kindness
Challenge	Generosity	Compassion	Encourage
Openness	Adventure	Peace	Mastery
Wisdom	Triumph	Simplicity	Improve
Fairness	Experience	Accept	Loyalty
Truth	Collaborate	Diversity	_____
Learn	Competitiveness	Spirituality	_____
Patience	Balance	Cooperation	_____
Teamwork	Honesty	Helpfulness	_____

Review your list again and assess the relative importance to you of the values you highlighted. Qualify your list to select five core values. Write down each value you selected and your own definition of that value in the table below.
