

What I Value Most

Kindness Speaks Volumes

Too often we do not take the time to catalogue the things we value. These can change as we walk through life or as we age, change careers, become partners, build a family or even manage our way through change. Take a moment and check in with yourself around the values most important to you.

- Integrity
- Order
- Mastery
- Productivity
- Order
- Meaningful work
- Self-Expression
- Self-Discipline
- Service to Others
- Health, Wellbeing
- Nature
- Flexibility
- Reflection
- Fulfillment
- Excellence
- Intelligence
- Accountability
- Health
- Commitment
- Trust economy
- Learning
- Choice
- Competence
- Growth
- Challenge
- Spontaneity
- Risk
- Creativity
- Achievement
- Love
- Simplicity
- Acceptance
- Privacy
- Fun
- Authenticity
- Relationships
- Adventure
- Balance
- Loyalty
- Recognition
- Faith
- Family
- Power
- Affection
- Community
- Beauty
- Change
- Wholeness
- Wisdom
- Independence
- Stability
- Freedom
- Sharing
- Humor
- Process
- Prosperity
- Partnership
- Truth
- Compassion
- Success
- Peace
- Tradition
- Competition
- Dedication
- other

My top three **Core Values** are:

1. _____
2. _____
3. _____

Resource: *Compendium12* by Olivia Mclvor