

Core Personal Values Exercise

1) Check off all that you highly value:

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| <input type="checkbox"/> Acceptance | <input type="checkbox"/> Education | <input type="checkbox"/> Independence | <input type="checkbox"/> Relatedness |
| <input type="checkbox"/> Accomplishment | <input type="checkbox"/> Effectiveness | <input type="checkbox"/> Influence | <input type="checkbox"/> Relationships |
| <input type="checkbox"/> Achievement | <input type="checkbox"/> Elegance | <input type="checkbox"/> Information | <input type="checkbox"/> Relaxation |
| <input type="checkbox"/> Acquisition | <input type="checkbox"/> Emotional Well-being | <input type="checkbox"/> Inner peace | <input type="checkbox"/> Reliability |
| <input type="checkbox"/> Adventure | <input type="checkbox"/> Empathy | <input type="checkbox"/> Innovation | <input type="checkbox"/> Religious/Religion |
| <input type="checkbox"/> Alignment | <input type="checkbox"/> Encourage | <input type="checkbox"/> Inspiration | <input type="checkbox"/> Resourcefulness |
| <input type="checkbox"/> Altruism | <input type="checkbox"/> Encouragement | <input type="checkbox"/> Instruction | <input type="checkbox"/> Respect |
| <input type="checkbox"/> Amusement | <input type="checkbox"/> Energy | <input type="checkbox"/> Integrity | <input type="checkbox"/> Responsibility |
| <input type="checkbox"/> Assistance | <input type="checkbox"/> Enlightenment | <input type="checkbox"/> Intelligence | <input type="checkbox"/> Responsiveness |
| <input type="checkbox"/> Attractiveness | <input type="checkbox"/> Entertainment | <input type="checkbox"/> Inventiveness | <input type="checkbox"/> Risk |
| <input type="checkbox"/> Authenticity | <input type="checkbox"/> Environment | <input type="checkbox"/> Joy | <input type="checkbox"/> Safety |
| <input type="checkbox"/> Awareness | <input type="checkbox"/> Equality | <input type="checkbox"/> Justice | <input type="checkbox"/> Schooling |
| <input type="checkbox"/> Beauty | <input type="checkbox"/> Ethics/Ethical | <input type="checkbox"/> Kindness | <input type="checkbox"/> Self-awareness |
| <input type="checkbox"/> Being | <input type="checkbox"/> Excellence | <input type="checkbox"/> Knowledge | <input type="checkbox"/> Self-worth |
| <input type="checkbox"/> Bliss | <input type="checkbox"/> Experience | <input type="checkbox"/> Laughter | <input type="checkbox"/> Sensations |
| <input type="checkbox"/> Calm | <input type="checkbox"/> Experiment | <input type="checkbox"/> Leadership | <input type="checkbox"/> Sensuality |
| <input type="checkbox"/> Charity | <input type="checkbox"/> Expertise | <input type="checkbox"/> Learning | <input type="checkbox"/> Serenity |
| <input type="checkbox"/> Coach | <input type="checkbox"/> Explain | <input type="checkbox"/> Love | <input type="checkbox"/> Service |
| <input type="checkbox"/> Community | <input type="checkbox"/> Exquisiteness | <input type="checkbox"/> Loyalty | <input type="checkbox"/> Simplicity |
| <input type="checkbox"/> Compassion | <input type="checkbox"/> Facilitation | <input type="checkbox"/> Magnificence | <input type="checkbox"/> Spirituality |
| <input type="checkbox"/> Comprehending | <input type="checkbox"/> Fairness | <input type="checkbox"/> Mastery | <input type="checkbox"/> Stability |
| <input type="checkbox"/> Connection | <input type="checkbox"/> Faith | <input type="checkbox"/> Merriment | <input type="checkbox"/> Stimulation |
| <input type="checkbox"/> Consciousness | <input type="checkbox"/> Fame | <input type="checkbox"/> Nobility | <input type="checkbox"/> Strength |
| <input type="checkbox"/> Consideration | <input type="checkbox"/> Family | <input type="checkbox"/> Nurturance | <input type="checkbox"/> Strengthen |
| <input type="checkbox"/> Constancy | <input type="checkbox"/> Feeling good | <input type="checkbox"/> Observation | <input type="checkbox"/> Success |
| <input type="checkbox"/> Contentment | <input type="checkbox"/> Fitness | <input type="checkbox"/> Order | <input type="checkbox"/> Superiority |
| <input type="checkbox"/> Contribution | <input type="checkbox"/> Freedom | <input type="checkbox"/> Organization | <input type="checkbox"/> Support |
| <input type="checkbox"/> Cooperation | <input type="checkbox"/> Friendship | <input type="checkbox"/> Originality | <input type="checkbox"/> Teaching |
| <input type="checkbox"/> Courage | <input type="checkbox"/> Fun | <input type="checkbox"/> Peace | <input type="checkbox"/> Tenderness |
| <input type="checkbox"/> Create | <input type="checkbox"/> Generosity | <input type="checkbox"/> Peacefulness | <input type="checkbox"/> Touch |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> Grace | <input type="checkbox"/> Perception | <input type="checkbox"/> Tranquility |
| <input type="checkbox"/> Danger | <input type="checkbox"/> Gratitude | <input type="checkbox"/> Personal Development | <input type="checkbox"/> Trust |
| <input type="checkbox"/> Dare | <input type="checkbox"/> Guidance | <input type="checkbox"/> Play | <input type="checkbox"/> Truth |
| <input type="checkbox"/> Delight | <input type="checkbox"/> Happiness | <input type="checkbox"/> Pleasure | <input type="checkbox"/> Truthfulness |
| <input type="checkbox"/> Dependability | <input type="checkbox"/> Harmony | <input type="checkbox"/> Positive attitude | <input type="checkbox"/> Understanding |
| <input type="checkbox"/> Detection | <input type="checkbox"/> Health | <input type="checkbox"/> Power | <input type="checkbox"/> Victory |
| <input type="checkbox"/> Dignity | <input type="checkbox"/> Honesty | <input type="checkbox"/> Preparation | <input type="checkbox"/> Vision |
| <input type="checkbox"/> Direct | <input type="checkbox"/> Honor | <input type="checkbox"/> Presence | <input type="checkbox"/> Wealth |
| <input type="checkbox"/> Discovery | <input type="checkbox"/> Hope | <input type="checkbox"/> Proficiency | <input type="checkbox"/> Wholeness |
| <input type="checkbox"/> Discrimination | <input type="checkbox"/> Humility | <input type="checkbox"/> Provider | <input type="checkbox"/> Winning |
| <input type="checkbox"/> Distinguish | <input type="checkbox"/> Humor | <input type="checkbox"/> Quest | <input type="checkbox"/> Wisdom |
| <input type="checkbox"/> Diversity | <input type="checkbox"/> Imagination | <input type="checkbox"/> Radiance | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Economic Security | <input type="checkbox"/> Improvement | <input type="checkbox"/> Recognition | <input type="checkbox"/> _____ |

2) Narrow your list to the top 9:

3) Narrow your list to the top 6:

4) Narrow your list to the top 3:

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