

## Values Exercise

Directions: Sort through the values below, placing a check-mark near all the values that mean something to you. (Or, you can print them out, cut out each value, and sort through them in piles.)

Next, go through them again, trying to get down to your top ten values. Now go through again, this time narrowing the list to three - six values that are most meaningful to you. These are your core values. When you live your life in alignment with your core values, chances are you are living more joyfully and with purpose. When you are out of alignment with your core values, you are likely to feel stressed, anxious, or bored.

**Accountable:** takes responsibility for both actions & outcomes

**Achievement:** aspires to high levels of excellence

**Appreciation of Beauty & Excellence:** [awe, wonder] noticing and appreciating beauty, excellence, and / or skilled performance in various domains of life from nature to art to math to science to everyday experience

**Authority:** possess power over decisions, people, assets

**Balance:** balance time & effort between work, home, other interests

**Bravery:** Not shrinking from threat, challenge, difficulty or pain; speaking up for what is right; acting on convictions

**Change:** looks for ways to do things differently, continuous improvement

**Commitment:** dedication, bound to a course of action

**Competence:** possess skill, knowledge & ability to perform effectively

**Creativity / Innovation:** think outside the box; try new ways to achieve a goal

**Curiosity:** [interest, novelty-seeking, openness to experience] taking an interest in ongoing experience for its own sake; finding subjects & topics fascinating; exploring & discovering

**Customer Satisfaction:** achieve excellence in customer satisfaction

**Diversity:** respect a variety of cultures / lifestyles

**Effectiveness:** executing with precision to achieve results

**Efficiency:** produce results in a timely manner with a minimum of waste, expense or unnecessary effort

**Fairness:** treating people equally and being treated equally

**Fitness / Wellness:** being fit; healthy, optimal well-being

**Fun:** playfulness, ability to laugh and express humor

**Growth:** invest in lifelong learning, personal development, self-education

**Honesty:** [Authenticity, Integrity] speaking the truth but more broadly presenting oneself in a genuine way and acting in a sincere way; being without pretense; taking responsibility for one's feelings and actions

**Forgiveness:** forgiving those who have done wrong; accepting the shortcomings of others; giving people a second chance; not being vengeful

**Gratitude:** Being aware of and thankful for the good things that happen; taking time to express thanks

**Hope:** [optimism, future-mindedness, future orientation] expecting the best in the future and working to achieve it; believing that a good future is something that can be brought about

**Humility:** Letting accomplishments speak for themselves; not regarding oneself as more special than others

**Independence:** free from the influence, guidance, or control of others

**Judgment:** [critical thinking] thinking things through and examining them from all sides; not jumping to conclusions; being able to change one's mind in light of evidence; weighing all evidence fairly

**Kindness:** [generosity, nurturance, care, compassion, "niceness"] doing favors and good deeds for others; helping them, taking care of them

**Leadership:** Encouraging a group of one which is a member to get things done and at the same time maintain good relations within the group; organizing group activities and seeing that they happen

**Legacy:** making a difference today with tomorrow in mind, succession

**Loyalty:** faithful to a person, an ideal, a custom, a cause or a duty

**Love:** valuing close relations with others, in particular those in which sharing and caring are reciprocated; being close to people

**Learning / Knowledge:** Mastering new skills, topics and bodies of knowledge, whether on one's own or formally; adding systematically to one's knowledge

**Money / Wealth:** an abundance of valuable material possessions, riches

**Passion / Zest:** [vitality, enthusiasm, vigor, energy] approaching life with excitement and energy; not doing things half-heartedly; living life as an adventure; feeling alive and activated

**Perseverance:** [persistence, industriousness] finishing what one starts; persisting in a course of action in spite of obstacles; “getting it out the door”, taking pleasure in completing tasks

**Prudence:** being careful about one’s choices; not taking undue risks; not saying or doing things that might later be regretted

**Self-regulation:** [self-control] regulating what one feels and does; being disciplined; controlling one’s appetites and emotions

**Simplicity:** lack of complexity or complication

**Social Intelligence:** [emotional intelligence, personal intelligence] being aware of the motives and feelings of other people and oneself; knowing what to do to fit into different social situations; knowing what makes other people tick

**Status:** holding a position of importance, high standing, prestige

**Spirituality:** [faith, purpose] having coherent beliefs about the higher purpose and meaning of the universe; knowing where one fits within the larger scheme; having beliefs about the meaning of life that shape conduct and provide comfort

**Structure:** formality, processes, & systems

**Teamwork:** cooperative effort by a group or a team

**Trust:** firm reliance on the integrity, ability, or character of a person or thing

**Urgency:** fast paced, swift, action oriented

**Volunteerism / Service / Activism:** serving the community, or the greater whole.

**Wisdom / Perspective:** ability to provide wise counsel to others; having ways of looking at the world that make sense to oneself and to other people