

Identify Your Values

Select 7-10 values and then put them in order of the most important to the least important to you:

Accountability	Excitement	Performance
Accuracy	Expertise	Personal Growth
Achievement	Exploration	Piety
Adventurousness	Expressiveness	Play
Altruism	Fairness	Positivity
Ambition	Faith	Practicality
Assertiveness	Family	Preparedness
Balance	Fidelity	Productivity
Beauty	Financial Freedom	Professionalism
Being the best	Fitness	Prudence
Belonging	Fluency	Quality-orientation
Boldness	Focus	Relationships
Calmness	Freedom	Reliability
Carefulness	Friendship	Resourcefulness
Challenge	Fun	Respect
Cheerfulness	Generosity	Restraint
Clear-mindedness	Goodness	Results-oriented
Comfort	Grace	Rigor
Commitment	Growth	Security
Community	Happiness	Self-actualization
Compassion	Hard Work	Self-control
Competitiveness	Health	Selflessness
Consistency	Helping Society	Self-reliance
Contentment	Holiness	Sensitivity
Continuous Improvement	Honesty	Serenity
Contribution	Honor	Service
Control	Humility	Shrewdness
Cooperation	Independence	Simplicity
Correctness	Ingenuity	Soundness
Courage	Inner Peace	Speed
Courtesy	Inquisitiveness	Spirituality
Creativity	Insightfulness	Spontaneity
Curiosity	Integrity	Stability
Decisiveness	Intelligence	Strategic
Democracticness	Intellectual Status	Strength
Dependability	Intimacy	Structure
Determination	Intuition	Success
Devoutness	Joy	Support
Diligence	Justice	Teamwork
Discipline	Leadership	Temperance
Discretion	Learning	Thankfulness
Diversity	Legacy	Thoroughness
Dynamism	Love	Thoughtfulness
Economy	Loyalty	Timeliness
Education	Making a difference	Tolerance
Effectiveness	Mastery	Traditionalism
Efficiency	Merit	Trustworthiness
Elegance	Motivation	Truth-seeking
Empathy	Obedience	Understanding
Empowerment	Openness	Uniqueness
Enjoyment	Order	Unity
Enthusiasm	Originality	Usefulness
Environment	Passion	Variety
Equality	Patriotism	Vision
Excellence	Perfection	

My values:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

My values prioritized:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Now, write a couple sentences about what each of those words means for you in your life:

1. _____ : _____

2. _____ : _____

3. _____ : _____

4. _____ : _____

5. _____ : _____

6. _____ : _____

7. _____ : _____

8. _____ : _____

9. _____ : _____

10. _____ : _____

