

EXERCISE: YOUR VALUES

In this exercise, select all of the personal values that reflect who you are today. Work quickly; go with your gut and don't spend too much time overanalyzing. List any additional values that are important to you that you don't see here. Once you've completed the exercise, take some time to consider which of your values were the result of your upbringing, which you adopted later in life and why.

Acceptance	Clarity	Dedication	Feelings	Innovation	Organization
Accomplishment	Cleanliness	Dependability	Fidelity	Insightfulness	Originality
Accountability	Collaboration	Determination	Focus	Inspiration	Passion
Accuracy	Comfort	Devotion	Fortitude	Integrity	Patience
Achievement	Commitment	Dignity	Freedom	Intelligence	Peace
Adaptability	Communication	Discipline	Friendship	Intensity	Performance
Alertness	Community	Discovery	Frugality	Intuition	Persistence
Altruism	Compassion	Drive	Fun	Irreverence	Playfulness
Ambition	Competence	Effectiveness	Generosity	Joy	Poise
Amusement	Concentration	Efficiency	Giving	Justice	Potential
Assertiveness	Confidence	Empathy	Goodness	Kindness	Power
Attentiveness	Connection	Empowerment	Grace	Knowledge	Presence
Awareness	Consciousness	Endurance	Gratitude	Leadership	Productivity
Balance	Consistency	Energy	Greatness	Learning	Professionalism
Beauty	Contentment	Enjoyment	Growth	Liberty	Prosperity
Boldness	Contribution	Enthusiasm	Harmony	Logic	Purpose
Bravery	Control	Equality	Health	Love	Quality
Brilliance	Conviction	Ethicalness	Honesty	Loyalty	Rationalism
Calmness	Cooperation	Excellence	Honor	Mastery	Reason
Candor	Courage	Exploration	Hope	Maturity	Recognition
Capability	Courtesy	Expression	Humility	Moderation	Recreation
Carefulness	Creativity	Fairness	Humor	Motivation	Reflection
Certainty	Credibility	Fame	Imagination	Openness	Resourcefulness
Challenge	Curiosity	Family	Independence	Optimism	Respect
Charity	Decisiveness	Fearlessness	Individuality	Order	Responsibility

EXERCISE: YOUR VALUES (CONTINUED)

Restraint	Sensitivity	Spirituality	Sustainability	Toughness	Valor
Results	Serenity	Spontaneity	Talent	Tradition	Victory
Reverence	Service	Stability	Teamwork	Tranquility	Vigor
Rigor	Sharing	Status	Temperance	Transparency	Vision
Riskiness	Silence	Stewardship	Thankfulness	Trust	Vitality
Satisfaction	Simplicity	Strength	Thoroughness	Trustworthiness	Wealth
Security	Sincerity	Structure	Thoughtfulness	Understanding	Winningness
Self-reliance	Skillfulness	Success	Timeliness	Uniqueness	Wisdom
Selflessness	Solitude	Supportiveness	Tolerance	Unity	Wonder