



Values Exercise

What are you valuing right now?

At any given time, each of us has a personal set of values, built from our unique life experience. These things we value come from deep down - from our individual heart's desires.

Every now and then it might be useful to pause and assess what these values are as you pass through different seasons of your life.

What do you want to value right now - as the you that is moving toward your future?

Included are some of the most common values. Feel free to add in your own if it's not listed!

Put an "I" next to values that are Important, an "S" next to values that are Super Important, and an "M" next to values that are Most Important. Keep whittling down your list until you have your 6 Most Important values.

Once you've figured out your 6, you can use them as a filter for the decisions you make, for the way you spend your time, and for what you prioritize right now. These personal values can clarify how you want to show up in your own life, how you want to think, feel, and act as a human in the world.

I can't wait to see what you come up with!

<input type="checkbox"/>	abundance	<input type="checkbox"/>	fairness	<input type="checkbox"/>	leisure	<input type="checkbox"/>	respect
<input type="checkbox"/>	acceptance	<input type="checkbox"/>	faith	<input type="checkbox"/>	love	<input type="checkbox"/>	responsibility
<input type="checkbox"/>	achievement	<input type="checkbox"/>	family	<input type="checkbox"/>	loyalty	<input type="checkbox"/>	risk-taking
<input type="checkbox"/>	adventure	<input type="checkbox"/>	fitness	<input type="checkbox"/>	luxury	<input type="checkbox"/>	romance
<input type="checkbox"/>	assertiveness	<input type="checkbox"/>	flexibility	<input type="checkbox"/>	mastery	<input type="checkbox"/>	safety
<input type="checkbox"/>	authenticity	<input type="checkbox"/>	forgiveness	<input type="checkbox"/>	meaningful work	<input type="checkbox"/>	security
<input type="checkbox"/>	balance	<input type="checkbox"/>	freedom	<input type="checkbox"/>	mindfulness	<input type="checkbox"/>	self-awareness
<input type="checkbox"/>	beauty	<input type="checkbox"/>	friendliness	<input type="checkbox"/>	nature	<input type="checkbox"/>	self-care
<input type="checkbox"/>	boldness	<input type="checkbox"/>	friendship	<input type="checkbox"/>	open-mindedness	<input type="checkbox"/>	self-control
<input type="checkbox"/>	calmness	<input type="checkbox"/>	fun	<input type="checkbox"/>	openness	<input type="checkbox"/>	self-development
<input type="checkbox"/>	caring	<input type="checkbox"/>	generosity	<input type="checkbox"/>	optimism	<input type="checkbox"/>	self-esteem
<input type="checkbox"/>	challenge	<input type="checkbox"/>	gratitude	<input type="checkbox"/>	order	<input type="checkbox"/>	self-love
<input type="checkbox"/>	choice	<input type="checkbox"/>	growth	<input type="checkbox"/>	passion	<input type="checkbox"/>	self-respect
<input type="checkbox"/>	community	<input type="checkbox"/>	happiness	<input type="checkbox"/>	patience	<input type="checkbox"/>	service
<input type="checkbox"/>	compassion	<input type="checkbox"/>	health	<input type="checkbox"/>	peace	<input type="checkbox"/>	sexuality
<input type="checkbox"/>	competency	<input type="checkbox"/>	honesty	<input type="checkbox"/>	perseverance	<input type="checkbox"/>	skillfulness
<input type="checkbox"/>	connection	<input type="checkbox"/>	humility	<input type="checkbox"/>	persistence	<input type="checkbox"/>	spirituality
<input type="checkbox"/>	consistency	<input type="checkbox"/>	humor	<input type="checkbox"/>	pleasure	<input type="checkbox"/>	stability
<input type="checkbox"/>	contribution	<input type="checkbox"/>	impact	<input type="checkbox"/>	poise	<input type="checkbox"/>	status
<input type="checkbox"/>	cooperation	<input type="checkbox"/>	independence	<input type="checkbox"/>	popularity	<input type="checkbox"/>	success
<input type="checkbox"/>	courage	<input type="checkbox"/>	influence	<input type="checkbox"/>	power	<input type="checkbox"/>	supportiveness
<input type="checkbox"/>	creativity	<input type="checkbox"/>	initiative	<input type="checkbox"/>	purpose	<input type="checkbox"/>	trust
<input type="checkbox"/>	curiosity	<input type="checkbox"/>	intimacy	<input type="checkbox"/>	reason	<input type="checkbox"/>	variety
<input type="checkbox"/>	determination	<input type="checkbox"/>	justice	<input type="checkbox"/>	reciprocity	<input type="checkbox"/>	virtue
<input type="checkbox"/>	diligence	<input type="checkbox"/>	kindness	<input type="checkbox"/>	recognition	<input type="checkbox"/>	wealth
<input type="checkbox"/>	encouragement	<input type="checkbox"/>	knowledge	<input type="checkbox"/>	relaxation	<input type="checkbox"/>	wellness
<input type="checkbox"/>	equality	<input type="checkbox"/>	leadership	<input type="checkbox"/>	religion	<input type="checkbox"/>	wisdom
<input type="checkbox"/>	excitement	<input type="checkbox"/>	learning	<input type="checkbox"/>	reputation	<input type="checkbox"/>	work ethic

My 6 Values: