



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!

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

My 6 Values: