

VALUES EXERCISE

1. *Determine your core values.* From the list below, choose and write down every core value that resonates with you. Do not overthink your selections. As you read through the list, simply write down the words that feel like a core value to you personally. If you think of a value you possess that is not on the list, be sure to write it down as well.

Abundance
Acceptance
Accountability
 Achievement
Advancement
 Adventure
 Advocacy
Ambition
 Appreciation
 Attractiveness
 Autonomy
 Balance
 Being the Best
 Benevolence
 Boldness
 Brilliance
Calmness
 Caring
 Challenge
 Charity
 Cheerfulness
 Cleverness
Community
 Commitment
Compassion
 Cooperation
Collaboration
Consistency
 Contribution
Creativity
 Credibility
Curiosity

Daring
Decisiveness
 Dedication
 Dependability
 Diversity
 Empathy
 Encouragement
 Enthusiasm
Ethics
Excellence
 Expressiveness
Fairness
Family
 Friendships
 Flexibility
Freedom
 Fun
 Generosity
 Grace
Growth
 Flexibility
Happiness
 Health
Honesty
Humility
 Humor
 Inclusiveness
Independence
 Individuality
 Innovation
 Inspiration
 Intelligence

Intuition
 Joy
 Kindness
 Knowledge
Leadership
 Learning
Love
 Loyalty
 Making a Difference
Mindfulness
 Motivation Optimism
 Open-Mindedness
 Originality Passion
 Performance
Personal Development
Proactive
 Professionalism Quality
 Recognition
 Risk Taking
 Safety Security
 Service
Spirituality
 Stability Peace
 Perfection
Playfulness
 Popularity
Power

Preparedness
 Proactivity
 Professionalism
 Punctuality
 Recognition
 Relationships
 Reliability Resilience
 Resourcefulness
 Responsibility
 Responsiveness
 Security
 Self-Control
Selflessness
Simplicity
 Stability Success
 Teamwork
 Thankfulness
Thoughtfulness
 Traditionalism
Trustworthiness
 Understanding
Uniqueness
 Usefulness
 Versatility Vision
 Warmth
 Wealth
Well-Being
Wisdom
 Zeal



1) *Group all similar values together from the list of values you just created.* Group them in a way that makes sense to you, personally. Create a maximum of five groupings. If you have more than five groupings, drop those least important.

See the **example** below.

Abundance Growth Wealth Security Freedom Independence Flexibility Peace	Acceptance Compassion Inclusiveness Intuition Kindness Love Making a Difference Open-Mindedness Trustworthiness Relationships	Appreciation Encouragement Thankfulness Thoughtfulness Mindfulness	Balance Health Personal Development Spirituality Well-being	Cheerfulness Fun Happiness Humor Inspiration Joy Optimism Playfulness
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My Values – Grouped

Abundance Accountability Achievement Collaboration Advancement Excellence Growth Proactive	Daring Decisiveness Leadership Independence Ambition Consistency Power Uniqueness Quality Self - Awareness	Ethics Humility Honesty Trustworthiness Acceptance Community Fairness Family Equality Compassion Righteousness	Simplicity Playfulness Creativity Happiness Love Thoughtfulness	Wisdom Mindfulness Intuition Personal Development Spirituality Calmness Curiosity Freedom Selflessness Being True To Yourself
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1. *Choose one word within each grouping that best represents the label for the entire group.* Again, do not overthink your labels. There are no right or wrong answers. You are defining the answer that is right for you. See the example below – the label chosen for the grouping is bolded.



List of Values

Intuition
Abundance
Leadership
Equality
Creativity
Independence

You can add one additional value to your list to make a total of six values

