

VALUES LIST EXERCISE

Clarifying your values for this stage of your life can help you shape your purpose and vision, and guide your decision making.

As you are completing this exercise, ask yourself: **In this stage of life or transition what values are most important to me? What are the values I must honor to be true to this chapter of my life?**

Choose the 10 – 15 values that you feel are most important at this time in your life.

Next, circle 3 values of the 10-15 values that you feel are most important to you in this phase of your life. Then, identify your definition of each of the 3 values. In your definition of each value, you could use “Anytime I...” as demonstrated in the examples below.

Example: Courage – Anytime I share my message, believe in my value, or say something that is honest.

Example: Love – Anytime I show love to my family, friends, or clients; show love to myself; or remember that I am loved.

Achievement	Fairness	Learning	Self-awareness
Adaptability	Faith	Legacy	Self-discipline
Acknowledgment	Family	Leisure	Self-expression
Advancement	Financial stability	Lightness	Self-respect
Adventure	Free spirit	Letting Go	Service
Ambition	Free time	Love	Spirituality
Affection	Focus	Loyalty	Sportsmanship
Authenticity	Forgiveness	Making a Difference	Success
Autonomy	Freedom	Nature	Stability
Balance	Friendship	Nurturing	Teamwork
Beauty	Fun	Openness	Time Freedom
Belonging	Generosity	Optimism	Tradition
Caring	Grace	Orderliness	Travel
Challenge	Gratitude	Parenting	Trust
Change	Growth	Partnership	Understanding
Collaboration	Grit	Patience	Usefulness
Contribution	Harmony	Peace	Vision
Community	Health	Performance	Vulnerability
Commitment	Help others	Perseverance	Vitality
Connectedness	Help society	Personal power	Wealth
Courage	Honesty	Pleasure	Wisdom
Creativity	Hope	Positivity	Zest
Curiosity	Humor	Productivity	
Directness	Inclusion	Power	Add your own
Diversity	Integrity	Precision	_____
Environment	Independence	Pride	Add your own
Economic security	Initiative	Presence	_____
Empowerment	Intellectual status	Purpose	Add your own
Equality	Intuition	Recognition	_____
Ethics	Joy	Responsibility	Add your own
Excellence	Kindness	Romance	_____
Excitement	Knowledge	Risk-taking	Add your own
Elegance	Leadership	Safety	_____