

Discovering your Values

Any discrepancy between your actions and your Values can sabotage your efforts towards accomplishing your goals. *Hi-light the Values below that resonate with you personally. What jumps off the page? Highlight as many as you want.*

Accomplishment, Success	Fun	Prosperity, Wealth
Accountability	Global view	Punctuality
Accuracy	Good will	Quality of work
Adventure	Goodness	Reliability
Beauty	Gratitude	Resourcefulness
Calm, peace	Hard work	Respect for others
Challenge	Harmony	Responsiveness
Change	Honesty	Results-oriented
Cleanliness, orderliness	Humility	Safety
Commitment	Improvement	Satisfying others
Communication	Independence	Security
Community	Individuality	Self-givingness
Competence	Inner peace, calm	Self-reliance
Competition	Innovation	Self-thinking
Concern for others	Integrity	Service (to others)
Connection	Intensity	Simplicity
Continuous improvement	Justice	Skill
Cooperation	Knowledge	Solving Problems
Coordination	Leadership	Speed
Creativity	Love, Romance	Stability
Customer satisfaction	Loyalty	Standardization
Decisiveness	Maximum utilization	Status
Delight of being, joy	(of time, resources)	Strength
Democracy	Meaning	A will to-Succeed
Discipline	Money	Systemization
Discovery	Openness	Teamwork
Diversity	Patriotism	Timeliness
Efficiency	Peace, Non-violence	Tolerance
Equality	Perfection	Tradition
Excellence	Personal Growth	Tranquility
Fairness	Pleasure	Trust
Faith	Power	Truth
Faithfulness	Practicality	Unity
Family	Preservation	Variety
Flair	Privacy	Wisdom
Freedom	Progress	
Friendship		

Personal Values continued – Digging Deeper

Answer these questions to shine further light on your Values.

- What are three Peak Moments in your life? Moments when you were happiest, most satisfied, or felt like you were truly “on”.
- When were you most proud of yourself? (list 3 or 4)
- What are two low moments / two least-proud moments?
- Who are your heros? Why?

Prioritizing

- Do your answers to the above questions influence/change your selection of Values from the list on page 1?
- Are there any Values missing from the list that you would like to add?
- Now, narrow down your Values list to the Top 10 and list them here *in order of priority* with 1 being the most important.