

Values Identification

Integrity	Common sense	Challenge	Excellence	Charity	Alertness
Achievement	Dependability	Decisiveness	Reason	Curiosity	Energy
Intelligence	Results-oriented	Dignity	Famous	Bravery	Sharing
Accountability	Restraint	Competence	Reflective	Communication	Attentive
Accomplishment	Poise	Foresight	Feelings	Discovery	Vitality
Brilliance	Risk	Honesty	Greatness	Conviction	Spirit
Candor	Rigor	Credibility	Smart	Community	Concentration
Capable	Respect	Genius	Acceptance	Exploration	Tolerance
Clever	Significance	Honor	Growth	Fearless	Focus
Commitment	Self-reliance	Determination	Thoughtful	Connection	Unity
Childship	Reverence	Insightful	Comfort	Expressive	Motivation
Amusement	Skill	Responsibility	Hard work	Valor	Assertiveness
Justice	Temperance	Development	Understanding	Consciousness	Hope
Generosity	Satisfaction	Knowledge	Compassion	Imagination	Performance
Enthusiasm	Skillfulness	Sincerity	Improvement	Contribution	Boldness
Lawful	Toughness	Drive	Vision	Innovation	Inspiring
Giving	Serenity	Learning	Contentment	Order	Persistence
Experience	Status	Transparency	Influence	Cooperation	Confidence
Moderation	Vigor	Effectiveness	Wisdom	Inquisitive	Irreverent
Goodness	Gratitude	Logic	Empathy	Accuracy	Potential
Fun	Success	Trust	Intensity	Courtesy	Dedication
Organization	Will	Empower	Grace	Intuitive	Joy
Harmony	Tranquility	Openness	Leadership	Careful	Power
Humor	Talent	Trustworthy	Strength	Devotion	Discipline
Security	Welcoming	Endurance	Gratitude	Openness	Kindness
Humility	Victory	Realistic	Mastery	Certainty	Productivity
Playfulness	Freedom	Truth	Ambition	Equality	Ferocious
Stability	Wealth	Thoroughness	Happiness	Originality	Love
Loyalty	Independence	Meaning	Teamwork	Cleanliness	Professionalism
Recreation	Spirituality	Timeliness	Silence	Ethical	Fortitude
Structure	Winning	Selfless	Simplicity	Uniqueness	Optimism
Maturity	Individuality	Sensitivity	Solitude	Consistency	
Spontaneity	Adaptability	Presence	Recognition	Fairness	
Awareness	Liberty	Health	Power	Wonder	
Stewardship	Altruism	Service	Peace	Control	
Beauty	Creativity	Prosperity	Economy	Family	
Support	Balance	Persistence	Friendship	Decisive	
Calm	Creation	Passion	Sustainability	Fidelity	
		Courage	Enjoyment		

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Top Ten Values



Identify Any Values That Might Not Really Be "Yours" or That You Don't Want To Continue To Prioritize.



Values You Might Want To Incorporate More Of...



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Activities that help you live in congruence with identified values.



Habits, hobbies, or activities that might be incongruent with identified values



Things you've wanted to try, but haven't yet.



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Use this space to write about the values you listed above. Why did you identify the values you picked? Where did they come from? Do they feel authentic to you? Would you choose different values if you felt you could? How would it feel if you decided not to prioritize certain values any more? How can you live a life in congruence with your identified values? In what ways (think action items) can you act more in alignment with the values you listed?

Values Identification

A large green circular area with horizontal blue lines for writing. A vertical red line is positioned on the left side of the circle, creating a margin.

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