





From the following list check off all of the values that are important to you. Add any values that are important to you, but are not on the list.

- |                   |                |                   |
|-------------------|----------------|-------------------|
| Integrity         | Privacy        | Fun               |
| Security          | Power          | Competition       |
| Friendship        | Responsibility | Leadership        |
| Family            | Humility       | Fame              |
| Gratitude         | Loyalty        | Creativity        |
| Happiness         | Balance        | Compassion        |
| Health            | Love           | Equality          |
| Humor             | Passion        | Physical activity |
| Authenticity      | Faith          | Stability         |
| Service to Others | Harmony        | Safety            |
| Commitment        | Achievement    | Wealth            |
| Excellence        | Connection     | _____             |
| Kindness          | Spirituality   | _____             |
| Knowledge         | Progress       | _____             |
| Impact            | Development    | _____             |
| Fairness          | Innovation     | _____             |
| Independence      | Vision         | _____             |
| Rest              | Growth         |                   |
| Courage           | Influence      |                   |
| Adventure         | Challenge      |                   |



**From those values you have selected, choose the ten that are most important to you, and prioritize them.**

- |    |     |
|----|-----|
| 1. | 6.  |
| 2. | 7.  |
| 3. | 8.  |
| 4. | 9.  |
| 5. | 10. |

**What are the five values that are most important to you? Prioritize them.**

- 1.
- 2.
- 3.
- 4.
- 5.

**Look back at the answers to the three questions asked at the beginning of this exercise. How do you see your values show up in your responses?**