

VALUES EXERCISE

Values are the foundation of everything that drives us, motivates us and moves us to action. We either are in alignment with our values (and feel alive and energized) or out of sync with our values (and feel loss of energy, sad and depressed). Many of us have a difficult time identifying our specific values, so this first exercise is sort of a warm-up to get our thinking in the right direction.

VALUES EXERCISE

- **Step 1.** *Mark all the words and phrases that you feel describe your values.*
- **Step 2.** *Of the words and phrases you've selected, choose 15.*
- **Step 3.** *Of these 15, rank these in order of importance to you – 1 being the highest priority, and 15 the lowest.*
- **Step 4.** *Focus on the top ten of these as the values of highest importance to you. Focus on these in your daily life as well as in your creation of change-related goals and your progress toward them.*

Integrity	Practicality	New challenges	Health	Community involvement
Honesty	Nurture	Opportunity	Devotion	Career advancement
Genuineness	Love	Enthusiasm	Passionate pursuit	Efficiency
Authenticity	Beauty	Starting things	Worship	Accomplishment
Accountability	Romance	Entrepreneurial	Generosity	Focus
Do what you say	Freedom	Motivation	Service	Purpose
Directness	Exploration	Progress	Reflection	Achievement
Sincerity	Creativity	Inspiration	Reaching out	Building
Strength	Fun	Renewal	Evangelism	Leadership
Character	Artistic	Healing	Changing the world	Mastery
Follow through	Spontaneity	Relationship	Hospitality	Competence
Sacrifice	Flexibility	Team	Concern	Precision
Legacy	Knowledge	Community	Integration	Excellence
Family	Identity	Belonging	Making a difference	Doing it well
Marriage	The search	Depth	Volunteering	Planning
Duty	Meaning	Being known	Financial independence	Being knowledgeable
Honor	Influence	Intimacy	Stewardship	Principles
Heritage	Truth	Commitment	Frugality	Rationality
Responsibility	Passion	Friendship	Overflow	Nature
Harmony	Seeing the world	Communication	Sharing	Outdoors
Security	Adventure	Gentleness	Benevolence	
Stability	Diversity	Compassion	Lifelong learning	
Peace	Travel	Caring	Investment	
Home	Change	Emotion	Success	
Thoughtfulness	Movement	Spiritual life	Recognition	