

VALUES EXERCISE



1. **Determine your core values.** From the list below, choose and circle every core value that resonates with you. Do not overthink your selections. As you read through the list, simply circle the words that feel like a core value to you personally. If you think of a value you possess that is not on the list, be sure to write it down as well.

Abundance	Collaboration	Flexibility	Passion	Resilience
Acceptance	Consistency	Happiness	Performance	Resourcefulness
Accountability	Contribution	Health	Personal Development	Responsibility
Achievement	Creativity	Honesty	Proactive	Responsiveness
Advancement	Credibility	Humility	Professionalism	Security
Adventure	Curiosity	Humor	Quality	Self-Control
Advocacy	Daring	Inclusiveness	Recognition	Selflessness
Ambition	Decisiveness	Independence	Risk Taking	Simplicity
Appreciation	Dedication	Individuality	Safety	Stability
Attractiveness	Dependability	Innovation	Security	Success
Autonomy	Diversity	Inspiration	Service	Teamwork
Balance	Empathy	Intelligence	Spirituality	Thankfulness
Being the Best	Encouragement	Intuition	Stability	Thoughtfulness
Benevolence	Enthusiasm	Joy	Peace	Traditionalism
Boldness	Ethics	Kindness	Perfection	Trustworthiness
Brilliance	Excellence	Knowledge	Playfulness	Understanding
Calmness	Expressiveness	Leadership	Popularity	Uniqueness
Caring	Fairness	Learning	Power	Usefulness
Challenge	Family	Love	Preparedness	Versatility
Charity	Friendships	Loyalty	Proactivity	Vision
Cheerfulness	Flexibility	Making a Difference	Professionalism	Warmth
Cleverness	Freedom	Mindfulness	Punctuality	Wealth
Community	Fun	Motivation	Recognition	Well-Being
Commitment	Generosity	Optimism	Relationships	Wisdom
Compassion	Grace	Open-Mindedness	Reliability	Zeal
Cooperation	Growth	Originality		

2. *Group all similar values together from the list of values you just created. Group them in a way that makes sense to you, personally. Create a maximum of five groupings. If you have more than five groupings, drop those least important.*

3. *Choose one word within each grouping that best represents the label for the entire group. Again, do not overthink your labels. There are no right or wrong answers. You are defining the answer that is right for you.*