

IDENTIFYING YOUR VALUES

As you work through the following exercise, remember that it's not about "boiling the ocean". And, it's not about getting the perfect list of values. It's about learning what matters to you most so that you can make decisions guided by this and feel grounded knowing that your decisions are supported by what's most important to you.

DIRECTIONS: The goal is to choose the three values that you hold most important. This will be challenging since you may resonate with many! However, It's important to select just three because if everything on the list is important to you, then nothing is truly a driver. Really try to get to what your motivators are.

Begin by circling all that resonate and then going back through as many times as you need to whittle down and identify those that are really your values. Your core values are where all of the 'second tier' circled values are tested. For example, you might truly value reliability but have hard time not choosing family because that also feels like a value to you. However, the value of reliability is present in the way that you show up for your family.

Our values should be so ingrained in our minds, so clear and precise that they are non negotiables – they are simply the definition of who we are in our lives.

It's important to resist selecting words representing things **you'd like to be** or **have coached to be**. **This is about who you are.**

ASK YOURSELF:

- *Does this define me?*
- *Is this who I am at my best?*
- *Is this the filter that I use to make hard decisions?*

On the following page, you'll find a list of values and space to write your own if you don't find yours in the list.

Accountability	Fun	Pride
Achievement	Generosity	Recognition
Adaptability	Giving back	Reliability
Adventure	Grace	Resourcefulness
Altruism	Gratitude	Respect
Ambition	Growth	Responsibility
Authenticity	Harmony	Risk taking
Balance	Health	Safety
Beauty	Home	Security
Being the best	Honesty	Self-discipline
Belonging	Hope	Self-expression
Career	Humor	Self respect
Caring	Inclusion	Serenity
Collaboration	Independence	Service
Commitment	Initiative	Simplicity
Community	Integrity	Spirituality
Compassion	Intuition	Sportsmanship
Competence	Job security	Teamwork
Confidence	Joy	Thrift
Connection	Justice	Time
Contentment	Kindness	Tradition
Contribution	Knowledge	Travel
Cooperation	Leadership	Trust
Courage	Learning	Truth
Creativity	Legacy	Understanding
Curiosity	Leisure	Uniqueness
Dignity	Love	Usefulness
Diversity	Loyalty	Vision
Environment	Making a difference	Vulnerability
Efficiency	Nature	Wealth
Equality	Openness	Well-being
Ethics	Optimism	Wholeheartedness
Excellence	Order	Wisdom
Fairness	Parenting	<hr/>
Faith	Patience	<hr/>
Family	Patriotism	<hr/>
Financial stability	Peace	<hr/>
Forgiveness	Perseverance	<hr/>
Freedom	Personal fulfillment	<hr/>
Friendship	Power	<hr/>