



EXPLORING VALUES

Accountability	Excellence	Perfection
Accuracy	Excitement	Positivity
Achievement	Expertise	Practicality
Adventurousness	Exploration	Preparedness
Ambition	Expressiveness	Professionalism
Assertiveness	Fairness	Reliability
Balance	Faith	Resourcefulness
Being the best	Family-Orientedness	Restraint
Belonging	Fitness	Results-Oriented
Boldness	Focus	Rigor
Calmness	Freedom	Security
Carefulness	Fun	Self-Control
Challenge	Generosity	Selflessness
Cheerfulness	Goodness	Self-Reliance
Clear-mindedness	Growth	Sensitivity
Commitment	Happiness	Serenity
Community	Hard Work	Service
Compassion	Health	Simplicity
Competitiveness	Helping Society	Speed
Consistency	Holiness	Spontaneity
Contribution	Honesty	Stability
Control	Honour	Strategic



EXPLORING VALUES

Cooperation	Humility	Strength
Correctness	Independence	Structure
Courtesy	Ingenuity	Success
Creativity	Inner Harmony	Support
Curiosity	Insightfulness	Teamwork
Decisiveness	Intelligence	Thankfulness
Democraticness	Intuition	Thoroughness
Dependability	Joy	Thoughtfulness
Determination	Justice	Timeliness
Devoutness	Leadership	Trustworthiness
Diligence	Legacy	Truth-Seeking
Discipline	Love	Understanding
Discretion	Loyalty	Uniqueness
Diversity	Making A Difference	Unity
Efficiency	Mastery	Vision
Elegance	Obedience	_____
Empathy	Openness	_____
Enthusiasm	Order	_____
Equality	Originality	_____



EXPLORING VALUES

Selecting your most significant values:

- Narrow your list of circled/written values down to your **top 3** most significant values.
- A strategy to help you with this process is to compare two values and ask yourself, *“if I could only satisfy one of these which would I choose?”*

Your most significant values:	How is this value expressed in your life? <i>*how does it show up in your day-to-day?</i>	Where does this value come from? <i>*who/what influences this value?</i>

Affirmation of Your Top 3 Most Significant Values

For each value, ask yourself:

- *Am I proud of these three values?*
- *Am I comfortable and proud to tell my values to people I respect and admire?*
- *Do these values represent things I support, even if my choice isn't popular?*