

Values List

The following table lists many personal values, but is in no way intended to be complete. Feel free to use these, or add any others important to you, as you complete your pre-work.

In this exercise, you will identify and clarify your values. Once you establish your values and set your goals, you can then translate your goals into actions.

Exercise:

Check off as many values as apply to you for today

Achievement	Advancement	Adventure	Affiliation
Authority	Autonomy	Balance	Collaboration
Community	Competence	Competition	Connection
Contribution	Cooperation	Courage	Creativity
Economic prosperity	Economic security	Empowerment	Fame
Family	Focus	Freedom	Friendship
Fun	Giver	Happiness	Health
Helpfulness	Honoring	Inner Harmony	Integrity
Involvement	Knowing	Knowledge	Loyalty
Making a Difference	Non-judgment	Order	Personal Development
Pleasure	Power	Quality	Recognition
Responsibility	Safety	Self Motivation	Self respect
Service	Spirituality	Success	Trust
Wisdom			

Note: All of the values listed are important. You are identifying what drives you. For example, do not feel compelled to select “family” as a value if it is not what motivates you to action. That does not mean you don’t care for your family.

List below your top four values (in order of priority if possible):

1. _____
2. _____
3. _____
4. _____