



Values Exploration Exercise

Personal values are principles that guide our daily lives. Personal values, such as honesty, dependability, and trust, determine how you will face the world and relate with people. Values are not characteristics you aspire to or that you feel you should have. They are already a part of who you are.

Review the list of sample values and phrases below. As you do this process notice which ones you are drawn to first, try not to hold judgement. You can notice what you may think is socially acceptable, and try to stay true to yourself. Listen to your intuition. Mark the values that resonate most with you. Don't see one you like, add it to your list. After your initial review, go back through and narrow it down to 8.

Accomplishment	Fitness	Participation
Accuracy	Focus	Partnership
Achievement	Forward the Action	Peace
Acknowledgment	Free Spirit	Performance
Action	Freedom to Choose	Personal Power
Adventure	Full Self-Expression	Play
Aesthetics	Fun	Precision
Affluence	Growth	Productivity
Authenticity	Harmony	Recognition
Authority	Honesty	Risk Taking
Balance	Humor	Romance
Beauty	Independence	Self Reliance
Collaboration	Innovation	Service
Community	Integrity	Spirituality
Connectedness	Intimacy	Success
Contribution	Joy	To Be Known
Courage	Lack of Pretense	Tradition
Creativity	Leadership	Trust
Curiosity	Learning	Unique
Elegance	Loyalty	Vitality
Empowerment	Nature	Zest
Excellence	Nurturing	_____
Fame	Orderliness	_____



Now, in the spaces below rank the top 8 values you chose. Rank them 1 to 10, 10 being the most important, 1 being the least important.

Value Word or Phrase	Importance



Now you are ready to dig deeper into what this means for you in your life. Are you living in alignment with your values? Your value of creativity might mean spending time painting or making music regularly. When you are embodying your top values, how does that shift the way you live your life? What happens when you aren't living in alignment with your values? Do you notice any gaps between what you say you value and how you live your life?

In the spaces below complete the exercise for the top 3 values you listed. Feel free to look at all of your values in this way. Remember our values can shift and change as we grow and learn. Initially our families and communities help define and create our values, but as we grow we have the power to choose which values work for US.

I Value _____

How I demonstrate or embody this value is:

1. _____
2. _____
3. _____

Am I fully embodying this value? Yes or No (please circle one). If yes, what do you need to do to better align with this value? _____

I Value _____

How I demonstrate or embody this is:

1. _____
2. _____
3. _____

Am I fully embodying this value? Yes or No (please circle one). If yes, what do you need to do to better align with this value? _____



I Value _____

How I demonstrate or embody this is:

1. _____

2. _____

3. _____

Am I fully embodying this value? Yes or No (please circle one). If yes, what do you need to do to better align with this value? _____
