

My Values

As you review the list of values below indicate how important each one is to you and how you live your life. Some will have more meaning than others and are likely those areas where you don't compromise. When you are living in these values you to feel like your true self. When they are not being honored you may feel frustration, sadness, and even anger. After you have reviewed and marked each value go back through those that were Extremely Important and select your Top 5 values (add to the list if one of your values is missing). Be honest with yourself and select **your** values. This is a key step in self-awareness and it's important to select your values and not those that other well-meaning people have selected for you. Finally, define each of your Top 5 in a way that resonates with you and how you live that value.

Value	Extremely Important	Moderately Important	Not Important	Select your top 5	In your own words, define each of your top 5 values
Abundance					
Achievement					
Adventure					
Authenticity					
Autonomy					
Beauty					
Clarity					
Commitment					
Communication					
Community					
Connection					
Creativity					
Dependability					
Discipline					
Diversity					
Equality					
Excellence					
Faith					
Family					
Flexibility					
Freedom					
Friendship					

Value	Extremely Important	Moderately Important	Not Important	Select your top 5	In your own words, define each of your top 5 values
Fulfillment					
Fun					
Happiness					
Harmony					
Health					
Honesty					
Humor					
Independence					
Integrity					
Intelligence					
Intimacy					
Joy					
Leadership					
Love					
Loyalty					
Nature					
Openness					
Orderliness					
Patience					
Personal Growth					
Productivity					
Power					
Privacy					
Professionalism					
Recognition					
Respect					
Risk Taking					
Security					
Self-Expression					
Service					

Value	Extremely Important	Moderately Important	Not Important	Select your top 5	In your own words, define each of your top 5 values
Simplicity					
Spirituality					
Strength					
Success					
Trust					
Variety					
Wealth					
Wisdom					
Others:					