

Values Exercise

Directions:

1. Print out a copy of this document. Go through the list of words on the following pages and circle all words that feel important to you or resonate with you. Do not over think this, move quickly and go with your first impression. Circle as many of the words as you like. Give yourself no more than 5 minutes to do this.
2. Now go back through the words you have circled and from this group select the ten words that are the most important to you. Place a star by each of these ten words. Give yourself no more than 5 minutes to do this.
3. Now from the ten words you have starred, select the four that represent your current core values and put a box around them. Give yourself no more than 3 minutes to do this.
4. There are no wrong answers here. Whatever you select are the perfect answers for you at this time.

Abundance	Be present	Contribution	Emote
Acceptance	Be the best	Control	Encourage
Accomplishment	Beauty	Cooperate	Endeavor
Acquire	Bliss	Courage	Endow
Activity	Bravery	Creativity	Energize
Adventure	Build	Curiosity	Energy
Alert	Calm	Danger	Enjoy
Arouse	Capable	Daring	Enlighten
Articulate	Coach	Dedication	Enroll
Artistic	Comfort	Delight	Entertain
Assist	Community	Dependable	Excellence
Attain	Companionship	Design	Exhilaration
Attentive	Compassion	Devotion	Experiment
Attract	Competence	Direct	Expert
Augment	Complete	Discern	Explain
Awareness	Conceive	Distinguish	Explore
Awe	Conform	Drama	Facilitate
Be amused	Congruent	Dream	Family
Be integrated	Connection	Educate	Foster
Be liked	Contentment	Elegance	Freedom

Fun	Influence	Minister	Prevail
Fun	Inform	Model	Progress
Gamble	Information	Nurture	Provide
Genuine	Ingenuity	Observe	Quest
Glamour	Initiate	Open-minded	Radiance
Govern	Inquisitive	Orchestrate	Realize
Grace	Inspire	Originality	Refine
Greatness	Instruct	Outdo	Reign
Growth	Integrate	Passion	Relate to God
Guide	Integrity	Patient	Religious
Happiness	Invent	Peace	Resilience
Harmony	Joy	Perception	Respond
Health	Laugh	Perfection	Responsible
Honesty	Lead	Persevere	Risk
Honor	Learn	Persuade	Romance
Humor	Love	Plan	Rule
Imagination	Loyalty	Playful	Satisfied
Impact	Magnificence	Pleasure	Score
Improvement	Mastery	Predominate	Security
Inclusion	Mentor	Preparation	Seek

Sensation	Taste	Uplift
Sensitivity	Tenderness	Venture
Sensual	The unknown	Vulnerable
Serenity	Thoughtful	Wealth
Serve	Thrill	Win over
Set standards	To discover	
Sex	To experience	
Sincerity	To feel	
Space	To relate	
Spark	To teach	
Speculate	To win	
Spirit	Touch	
Spirituality	Transform	
Spontaneous	Triumph	
Stability	Trustworthy	
Stimulate	Truth	
Strengthen	Uncover	
Superiority	Understand	
Support	Unique	
Synthesize	Unity	