

PERSONAL VALUES WORKSHEET

Accomplishment	Diversity	Humility	Patience
Accountability	Dominance	Humor	Peacefulness
Achievement	Driven	Imagination	Persistence
Activity	Duty	Improving Society	Personal Development
Adaptability	Economic Security	Impulse	Philanthropy
Admiration	Education	Income	Philosophy
Advancement	Employment	Independence	Play
Adventure	Energy	Individualism	Pleasure
Advocacy	Enjoyment	Influence Over Others	Politics
Affluence	Entertainment	Inner Direction	Possessions
Ambition	Entrepreneurship	Inner Harmony	Power
Appearance	Environment	Integrity	Production
Art appreciation	Equality	Intellectual Stimulation	Professionalism
Artistic expression	Ethics	Intimacy	Prosperity
Athletics	Eternal life	Intuition	Psychic power
Authenticity	Excellence	Job	Reading
Authority	Exciting life	Joy	Rebellion
Autonomy	Exercise	Justice	Recognition
Be the best	Experience	Kindness	Religion
Be right	Experimentation	Knowledge	Religious Beliefs
Beauty	Fairness	Laughter	Reputation
Belonging	Faith	Leadership	Respect
Business	Fame	Literature	Responsibility
Career	Family	Love	Rewards
Caring	Family Security	Lover	Riches / material wealth
Challenge	Financial Security	Loyalty	Safety
Charity	Forgiveness	Making a difference	Satisfaction
Close Friends	Freedom	Materialism	Schedule
Collaboration	Free Time	Maturity	Security
College Degree	Friendship	Meditation	Self-expression
Comfort	Fun	Mentoring	Self-reliance
Commitments	Future generations	Military	Self-respect
Community	Generosity	Modesty	Self-satisfaction
Competition	Giving back	Money Morality	Service
Conformity	God's Will	Neatness	Sincerity
Connections	Golden Rule	New car	Social Life
Consistency	Goodness	Nonconformity	Social Power
Control	Grace	Nurture	Social Recognition
Cooperation	Gratitude	Obedience	Social Relations
Country	Growth	Openness	Spirituality
Courage	Harmony	Optimism	Sportsmanship
Creativity	Health	Order	Stability
Credit	Helping others	Outdoor life	Stamina
Culture	High standards	Ownership	Standing up for beliefs
Curiosity	Home	Parenting	Status
Decisiveness	Honesty	Participating w/in	Stewardship
Dignity	Honor	Others	Stimulation
Discipline	Hope	Passion	



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Suburban focus	Tradition	Welfare	_____
Suburban living	Tranquility	Well-being	_____
Success	Travel	_____	_____
Survival	Trust	_____	_____
Taking risks	Truthfulness	_____	_____
Teamwork	Urban Focus	_____	_____
Technique	Urban Living	_____	_____
Tenacity	Wealth	_____	_____

What to do:

Action:

1. **Prepare a list of top 10** values (no more, no less!!!) from the list or add your own value if not listed.
2. Once selected the top 10, put them each on individual sticky note.
3. Don't worry about the order. Just see what these values are telling about you. Do you live true to your values?
4. If you would like to discover more, book a consultation with me, I'll guide you through a deeper exercise to discover more! <https://calendly.com/marketahuzel/30>