

# Values Exercise

## Instructions

1. Underline your top 10 values
2. Of the 10, circle your top 5

Accountability	Creativity	Generosity	Love	Risk-taking
Achievement	Curiosity	Giving Back	Loyalty	Sacrifice
Adaptability	Daring	Grace	Making a difference	Safety
Adventure	Decisiveness	Gratitude	Manners	Self-discipline
Ambition	Dedication	Grit	Mastery	Self-respect
Awe	Dependability	Growth	Mentoring	Serenity
Authenticity	Determination	Happiness	Mindfulness	Service
Autonomy	Dignity	Hard work	Motivation	Sharing
Balance	Diversity	Harmony	Nature	Simplicity
Beauty	Drive	Health	Openness	Spirituality
Being the best	Duty	Helping others	Optimism	Sportsmanship
Belonging	Education	Honesty	Order	Stability
Boldness	Empathy	Hope	Parenting	Stewardship
Camaraderie	Encouragement	Honor	Passion	Strength
Candor	Endurance	Humility	Patience	Success
Career	Enthusiasm	Humor	Patriotism	Teamwork
Caring	Environment	Imagination	Peace	Thrift
Challenge	Efficiency	Inclusion	Perseverance	Thoughtfulness
Change	Equality	Independence	Persistence	Time
Character	Ethics	Ingenuity	Pioneering	Timeliness
Charity	Excellence	Initiative	Power	Tradition
Civility	Excitement	Innovation	Practice	Travel
Class and grace	Fairness	Integrity	Preparation	Trust
Collaboration	Faith	Intellectualism	Prestige	Truth
Comfort	Fame	Intuition	Pride	Understanding
Commitment	Family	Job security	Privacy	Unity
Common ground	Fearlessness	Joy	Purpose	Uniqueness
Community	Financial stability	Justice	Quiet	Usefulness
Compassion	Fitness	Kindness	Quick-wit	Vision
Compliments	Focus	Knowledge	Recognition	Volunteering
Competence	Forgiveness	Laughter	Reliability	Vulnerability
Connection	Freedom	Leadership	Reputation	Wealth
Contribution	Friendship	Learning	Resiliency	Well-being
Cooperation	Frugality	Listening	Resourcefulness	Winning
Courage	Fun	Legacy	Respect	Wisdom
Courtesy	Future Generations	Leisure	Responsibility	Wonder