

Discovering Your Values

Definition:

Values are the behaviors and attitudes to which you are naturally drawn. They are the “WHO” you really are and the “WHY” of your behavior.

Instructions:

Clarifying your values will assist you in making decisions and choices that align with what’s important to you. The more choices we make that align with our values, the more satisfying our work and life becomes.

From the values listed below, please **CIRCLE** the eight values that are Very Important to You and **BOX** the eight values that are Not Important to You. Feel free to add a value if it’s missing.

Adventure	Humor	Excellence	Accountability
Directness	Leadership	Risk Taking	Collaboration
Beauty	Integrity	Flexibility	Aesthetics
Affection	Irreverence	Tenacity	Compassion
Competition	Contribution	Resilience	Autonomy
Diversity	Honesty	Creativity	Competency
Spirituality	Connection	Privacy	Pleasure
Accomplishment	Growth	Freedom	Courtesy
Harmony	Clarity	Meaning	Discipline
Responsibility	Drive	Loyalty	Intimacy
Collaboration	Fairness	Success	Orderliness
Well Being	Wisdom	Service	Fame
Focus	Curiosity	Personal Power	Accuracy
Tradition	Joy	Community	Impact
Peace	Acknowledgement	Trust	Productivity
Family	Resourcefulness	Authenticity	Forgiveness
Knowledge	Love	Nature	Obedience
Courage	Power	Reason	Self-worth
Mastery	Tolerance	Wealth	Tranquility