



PERSONAL VALUES EXERCISE

Highlight your top 10 values from the list below. Then, narrow it down to 5. Finally, narrow it down again to your final 3 values – **the beliefs that are most important to you.**

Accountability	Contribution	Grace	Reliability
Achievement	Cooperation	Gratitude	Respect
Ambition	Courage	Growth	Serenity
Authenticity	Creativity	Humor	Success
Balance	Curiosity	Humility	Teamwork
Beauty	Dignity	Integrity	Thrifty
Belonging	Efficiency	Knowledge	Trust
Career	Excellence	Optimism	Tradition
Caring	Fairness	Patience	Vision
Commitment	Faith	Patriotism	Wisdom
Compassion	Family	Perseverance	Other: _____
Competence	Finances	Peace	Other: _____
Confidence	Freedom	Power	Other: _____
Connection	Fun	Pride	
Contentment	Generosity	Recognition	

List your 3 most important values below:

Value #1: _____

Value #1: _____

Value #1: _____

What daily behaviors do you exhibit, or what guiding principles do you live by to uphold each of your 3 most important values?

For instance, if one of your values is **time**, what behaviors or principles support that value? You might say, *"I stay very organized to achieve more in less time."*

If one of your values is **personal or professional growth**, you might say, *"I intentionally push myself out of my comfort zone where growth happens."*

Value #1: _____

What daily behaviors or principles help you uphold value #1?

Value #2: _____

What daily behaviors or principles help you uphold value #2?

Value #3: _____

What daily behaviors or principles help you uphold value #3?

Someone who knows and supports you to uphold your values is:

They support you and your values by:
