



Values Exercise

From the list of values below, identify your own top 5 values. If there's a value you hold as important that is not included on the list, feel free to add it. Rank your values from 1 (most important) to 5.

Acceptance	Discipline	Integrity	Respect
Adventure	Diversity	Intelligence	Rigor
Affection	Duty	Intimacy	Security
Agility	Economy	Intrepidness	Self-control
Altruism	Efficiency	Intuition	Selflessness
Ambition	Empathy	Joy	Self-reliance
Accomplishment	Endurance	Justice	Service
Accuracy/Precision	Excellence	Kindness	Sharing
Achievement	Expressiveness	Knowledge	Simplicity
Adaptability/Flexibility	Fairness	Leadership	Sincerity
Approachability	Faith	Learning	Solitude
Attractiveness	Fame	Long Term Focus	Solving
Balance	Family	Love	Speed
Beauty	Fluency/Articulateness	Loyalty	Spirituality
Building	Focus	Obedience	Spontaneity
Calmness	Frankness	Openness	Stability
Challenge	Freedom	Optimism	Structure
Cheerfulness	Friendliness	Order	Success
Collaboration	Frugality/Thrift	Peace	Teamwork
Comfort	Fun	Perfection	Timeliness
Commitment	Generosity	Playfulness	Tradition
Compassion	Gratitude	Politeness	Tranquility
Connection	Growth	Popularity	Trust
Consistency	Harmony	Power	Uniqueness
Contribution	Health	Practicality	Usefulness
Cooperation	Helpfulness	Preparedness	Variety
Courage	Honesty	Privacy	Virtue
Courtesy	Humility	Professionalism	Vision
Creativity	Humor	Prudence	Warmth
Decisiveness	Imagination	Punctuality	Wealth
Dependability/Reliability	Impact	Quality	Winning
Dignity	Independence	Reason	Wisdom
Diligence	Industry/Hard work	Resilience	Wittiness
Directness	Innovation	Resourcefulness	Wonder



List your five top values below, along with a description of what each value means to you.

- 1.
- 2.
- 3.
- 4.
- 5.

Values	A challenge to this value in your current context	A way you can choose to honor this value to create a stronger foundation
1.		
2.		
3.		
4.		
5.		