



Your Essential Strategy — Determining Your Values

Instructions:

1. Start by remembering who you were as a child, a student or young adult. Think of your favorite images in photos, videos and key experiences.
2. Identify the people you most admire and the characteristics in them that you appreciate.
3. Think of the times in your life that you were most fulfilled and alive – especially when you were doing what you loved – and it just felt right.
4. Consider what you are most passionate about in your life.
5. Reflect on items you collect, objects you keep in your home or office that are important to you, things that inspire you throughout the day.
6. Reflect on all of the above. What keeps popping up over and over again? What patterns do you notice?
7. Look through the list of values on the second page as a starting point to discover your own.
8. Notice what *moves* you (not what you *should* value). Honor what is true for you.
9. Write down your 10 most important values.
10. Narrow down to your top three values.

Your Most Important Values
1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Your Top Three Values

1.

2.

3.

Values – The Possibilities to Consider

Accomplishment – achievement, contribution, importance, significance.

Active – energetic, fast-paced, exciting, moving, doing.

Advancement – opportunity, promotion, upward movement, progress.

Adventure – risk, unknown, danger, speculation, dare, gamble, endeavor, experiment, exhilaration.

Affiliation – belonging, like-minded people, clubs, associations.

Authority – power, direction, manage, command, influence.

Beauty – grace, refinement, elegance, attractiveness, radiance, magnificence, gloriousness, taste.

Challenge – special effort, against odds, in spite of, under pressure.

Connection – part of community, family, nurture, linkages, connections, association.

Competitiveness – prevail, accomplish, score, acquire, triumph, attract.

Consistency – order, conventional, methods, status quo, evenness.

Contact with people – speaking, consulting, interacting, networking.

Creativity – design, invent, synthesize, imagination, innovation, originality, plan, build, inspire.

Cultural & Aesthetic – artistic, literary, strong cultural climate, theatre, art, visual.

Cultural Identification – ethnic and cultural background, principles, beliefs, concerns, justice.

Discovery – learn, perceive, realize, uncover, discern, distinguish, observation.

Family – loyalty, tribe, nuclear family, family values, blood, generations.

Feeling – sense, affection, energy flow, in touch with sensations, sentiment, moods, goosebumps.

Financial security – abundance, reserves, financial resources, wealth, money.

Flexibility – adaptability, openness to change, accommodating, adjustable, cooperative, compromise.

Freedom – lack of restrictions, independence, choice, options, self-determination.

Friendship – relationship, attachment, association, familiarity.

Health – physical, mental, fitness, exercise, strength, vigor, wellness.

Humor – lightness, comical, wit, funny, levity, amusement, jokes.

Independence – autonomy, self-sufficiency, impartiality, ability to innovate, liberty, justice.

Initiating & Activate – impact, spark, encourage, influence, stimulate, energize, alter, repair, fix.

Intellectual Stimulation – thinking, intellectual challenge, academics, learning.

Leadership – lead, guide, inspire, influence, cause, encourage, model, persuade.

Learning – new information, cutting edge, knowledge, master, assimilate, digest.

Loyalty – allegiance, faithfulness, obedience, adherence, devotion, steadfastness.

Mastery – expert, superiority, greatest, best, outdo, set standards, excellence.

Pleasure – fun, delight, bliss, entertained, play, happiness, satisfaction, joy.

Prestige – status, standing, respect, well-known, recognition, respect.

Security – stability, consistency, protection, safety, freedom from danger.

Sensitive – tender, touch, perceive, support, empathy, respond.

Service – contribute, improve, assist, facilitate, minister to, grant, provide, foster.

Social Justice – take action in support of social issues.

Spirituality – awareness, accept, god, holy, grace, honor, passion, religion, mystical, inner.

Teaching – educate, wisdom, prepare, explain, instruct, inform, school, train.

Variety – many distinct activities, spontaneity, variation, diversity.

Vision – possibility, limitless, options, half cup full, optimism, observation, view, perspective.

Wealth – money, riches, financial security, currency, affluence.

Wisdom – knowledge, intellectual pursuits, judgment, logic, intelligence.