



The Top 5 Values

Instructions

The goal of this exercise is to increase awareness of what matters to you by identifying your top five life values. Values are the answer to the questions: What's important to you in your life? What is your life's purpose? What do you enjoy doing? When do you feel satisfied and fulfilled? Being aware of your values by answering the above questions will help you navigate your life in your chosen direction. You have the potential to live the life of your dreams, but how do you do this without looking inward? Understanding our core values help guide us towards our passions and desires. Please complete the five steps below.

1. Take ten minutes to brainstorm your values without referring to the list on the next page.

My values are:

2. Review the values list on the next page and check those values that resonate with you.
3. This list is always a work-in-progress. If you wish, you may add other values from your brainstorming session or those that emerge along the way through this process:



Values list:

- | | | |
|-------------------------|---------------------|---------------------------------|
| Acceptance | Exhilaration | Order |
| Achievement | Fairness | Passion |
| Advancement & Promotion | Fame | Peace |
| Adventure | Family Happiness | Personal Development |
| Affection | Fast Pace | Personal Expression |
| Altruism | Freedom | Planning |
| Arts | Friendship | Play |
| Awareness | Fun | Pleasure |
| Beauty | Grace | Power |
| Challenge | Growth | Privacy |
| Change | Harmony | Purity |
| Community | Health | Quality |
| Compassion | Helping Others | Radiance |
| Competence | Helping Society | Recognition |
| Competition | Honesty | Relationships |
| Completion | Humor | Religion |
| Connectedness | Imagination | Reputation |
| Cooperation | Improvement | Responsibility & Accountability |
| Collaboration | Independence | Risk |
| Country | Influencing Others | Safety & Security |
| Creativity | Inner Harmony | Self-Respect |
| Decisiveness | Inspiration | Sensibility |
| Democracy | Integrity | Sensuality |
| Design | Intellect | Serenity |
| Discovery | Involvement | Service |
| Diversity | Knowledge | Sexuality |
| Environmental Awareness | Leadership | Sophistication |
| Economic Security | Learning | Spark |
| Education | Loyalty | Speculation |
| Effectiveness | Magnificence | Spirituality |
| Efficiency | Making a Difference | Stability |
| Elegance | Mastery | Status |
| Entertainment | Meaningful Work | Success |
| Enlightenment | Ministering | Teaching |
| Equality | Money | Tenderness |
| Ethics | Morality | Thrill |
| Excellence | Mystery | Unity |
| Excitement | Nature | Variety |
| Experiment | Openness | Wealth |
| Expertise | Originality | Winning |
| | | Wisdom |



4. Now prioritize your values and select five that are most important to you. List your top five values below:

I.

II.

III.

IV.

V.

5. Take about five to ten minutes to think about, or discuss with a friend or your coach, what each of the above values means to you. Then, generate a definition that resonates and makes sense to you.

Value I:

Means to me:

Is important to me because:

Value II:

Means to me:



Is important to me because:

Value III:

Means to me:

Is important to me because:

Value IV:

Means to me:

Is important to me because:



Value V:

Means to me:

Is important to me because: