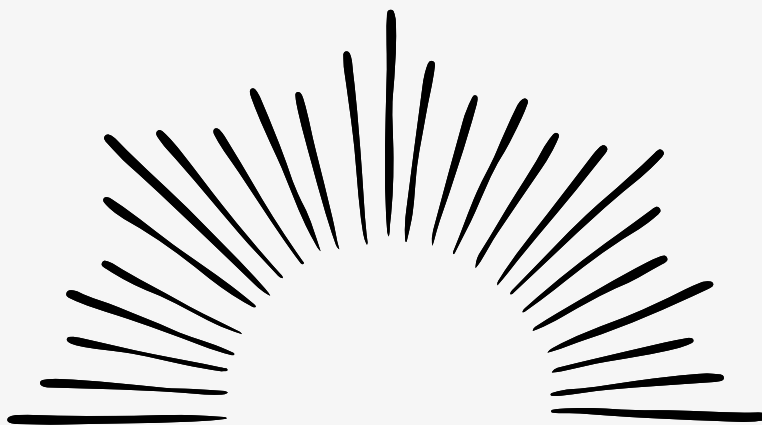


values exercise

Developing self love and living a life that you love means knowing what matters to you and creating space to have that in your life.

- Circle the values on the following page that mean the most to you.
- Highlight your Top 5 values.
- Write out your definitions to these values.
- Put your values list in a visible area.
- When you are faced with a decision, you can refer to what values you have chosen.
"Does _____ align with my values?"





List of
VALUES

- | | | | |
|----------------|---------------------|----------------------|-------------------------------|
| Accountability | Ethics | Kindness | Self-respect |
| Achievement | Excellence | Knowledge | Serenity |
| Adaptability | Fairness | Leadership | Service |
| Adventure | Faith | Learning | Simplicity |
| Altruism | Family | Legacy | Spirituality |
| Ambition | Financial stability | Leisure | Sportsmanship |
| Authenticity | Forgiveness | Love | Stewardship |
| Balance | Freedom | Loyalty | Success |
| Beauty | Friendship | Making a difference | Teamwork |
| Being the best | Fun | Nature | Thrift |
| Belonging | Future | Openness | Time |
| Career | generations | Optimism | Tradition |
| Caring | Generosity | Order | Travel |
| Collaboration | Giving back | Parenting | Trust |
| Commitment | Grace | Patience | Truth |
| Community | Gratitude | Patriotism | Understanding |
| Compassion | Growth | Peace | Uniqueness |
| Competence | Harmony | Perseverance | Usefulness |
| Confidence | Health | Personal fulfillment | Vision |
| Connection | Home | Power | Vulnerability |
| Contentment | Honesty | Pride | Wealth |
| Contribution | Hope | Recognition | Well-being |
| Cooperation | Humility | Reliability | Wholeheartedness |
| Courage | Humor | Resourcefulness | Wisdom |
| Creativity | Inclusion | Respect | <i>Write your own:</i> |
| Curiosity | Independence | Responsibility | _____ |
| Dignity | Initiative | Risk -taking | _____ |
| Diversity | Integrity | Safety | _____ |
| Environment | Intuition | Security | _____ |
| Efficiency | Job security | Self-discipline | _____ |
| Equality | Joy | Self-expression | |
| | Justice | | |