VALUES EXERCISE *Determine your core values.* From the list below, choose and write down every core value that resonates with you. Do not overthink your selections. As you read through the list, simply write down the words that feel like a core value to you personally. If you think of a value you posses that is not on the list, be sure to write it down as well.

Abundance Acceptance Accountability Achievement Advancement Adventure Advocacy Ambition Appreciation Attractiveness Autonomy Balance

Being the Best Benevolence Boldness Brilliance Calmness Caring Challenge Charity Cheerfulness Cleverness Community Commitment Compassion Cooperation Collaboration Consistency Contribution Creativity Credibility Curiosity

Daring Decisiveness Dedication Dependability Diversity Empathy Encouragement Enthusiasm Ethics Excellence Expressiveness Fairness

Family Friendships Flexibility Freedom Fun Generosity Grace Growth Flexibility Happiness Health Honesty Humility Humor

Inclusiveness Independence Individuality Innovation Inspiration Intelligence

Intuition Joy Kindness Knowledge Leadership Learning Love Loyalty

Making a Difference Mindfulness Motivation Optimism

Open-Mindedness Originality Passion Performance

Personal Development Proactive Professionalism Quality

Recognition Risk Taking Safety Security Service Spirituality Stability Peace Perfection Playfulness Popularity Power

Preparedness Proactivity Professionalism Punctuality Recognition Relationships Reliability Resilience Resourcefulness Responsibility Responsiveness Security

Self-Control Selflessness Simplicity Stability Success Teamwork Thankfulness Thoughtfulness Traditionalism Trustworthiness Understanding Uniqueness Usefulness Versatility Vision

Warmth Wealth Well-Being Wisdom Zeal

1. *Group all similar values together from the list of values you just created.* Group them in a way that makes sense to you, personally. Create a maximum of five groupings. If you have more than five groupings, drop those least important. See the

example below.

Abundance Growth Wealth Security Freedom Independence Flexibility Peace

Acceptance Compassion Inclusiveness Intuition Kindness Love

Making a Difference Open-Mindedness Trustworthiness Relationships

Appreciation Encouragement Thankfulness Thoughtfulness Mindfulness

Balance Health

Personal Development Spirituality

Well-being

Cheerfulness Fun Happiness Humor Inspiration Joy Optimism Playfulness

1. *Choose one word within each grouping that best represents the label for the entire group.* Again, do not overthink your labels. There are no right or wrong answers. You are defining the answer that is right for you. See the example below – the label chosen for the grouping is bolded.

Abundance Growth Wealth Security **Freedom** Independence Flexibility Peace

Acceptance Compassion Inclusiveness Intuition Kindness Love

**Making a Difference** Open-Mindedness Trustworthiness Relationships

Appreciation Encouragement Thankfulness Thoughtfulness **Mindfulness**

Balance Health

Personal Development Spirituality

**Well-being**

Cheerfulness Fun **Happiness** Humor Inspiration Joy Optimism Playfulness

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