

My Values Worksheet

Today's Date: _____

1. For each value, in <5 seconds mark in the box next to the value if you think it is very important (V), somewhat important (S), or not as important (N). Go with your gut and don't overthink it.

<input type="checkbox"/>	Acceptance	<input type="checkbox"/>	Creativity	<input type="checkbox"/>	Gratitude
<input type="checkbox"/>	Adventure	<input type="checkbox"/>	Curiosity	<input type="checkbox"/>	Honesty
<input type="checkbox"/>	Assertiveness	<input type="checkbox"/>	Encouragement	<input type="checkbox"/>	Humor
<input type="checkbox"/>	Authenticity	<input type="checkbox"/>	Equality	<input type="checkbox"/>	Humility
<input type="checkbox"/>	Beauty	<input type="checkbox"/>	Excitement	<input type="checkbox"/>	Industry
<input type="checkbox"/>	Caring	<input type="checkbox"/>	Fairness	<input type="checkbox"/>	Independence
<input type="checkbox"/>	Challenge	<input type="checkbox"/>	Fitness	<input type="checkbox"/>	Intimacy
<input type="checkbox"/>	Compassion	<input type="checkbox"/>	Flexibility	<input type="checkbox"/>	Justice
<input type="checkbox"/>	Connection	<input type="checkbox"/>	Freedom	<input type="checkbox"/>	Kindness
<input type="checkbox"/>	Contribution	<input type="checkbox"/>	Friendliness	<input type="checkbox"/>	Love
<input type="checkbox"/>	Conformity	<input type="checkbox"/>	Forgiveness	<input type="checkbox"/>	Mindfulness
<input type="checkbox"/>	Cooperation	<input type="checkbox"/>	Fun	<input type="checkbox"/>	Order
<input type="checkbox"/>	Courage	<input type="checkbox"/>	Generosity	<input type="checkbox"/>	Open-mindedness

2. The last two values are blank on purpose. Create two of your own values not already listed and write them in the blanks.

<input type="checkbox"/>	Patience	<input type="checkbox"/>	Safety	<input type="checkbox"/>	Skilfullness
<input type="checkbox"/>	Persistence	<input type="checkbox"/>	Self-awareness	<input type="checkbox"/>	Supportiveness
<input type="checkbox"/>	Pleasure	<input type="checkbox"/>	Self-care	<input type="checkbox"/>	Trust
<input type="checkbox"/>	Power	<input type="checkbox"/>	Self-development	<input type="checkbox"/>	_____
<input type="checkbox"/>	Reciprocity	<input type="checkbox"/>	Self-control	<input type="checkbox"/>	_____
<input type="checkbox"/>	Respect	<input type="checkbox"/>	Sensuality		
<input type="checkbox"/>	Responsibility	<input type="checkbox"/>	Sexuality		
<input type="checkbox"/>	Romance	<input type="checkbox"/>	Spirituality		

3. Go back through the list and circle all of the values you marked with a V to make it easier to see them.

3. Rewrite on the lines below all the values you circled.

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

4. Pick your top 3 values from the list of values you rewrote in step 3. (If it helps, you can cross the values out above as you go.)

1. _____
2. _____
3. _____