

Values List



Your values serve as guiding principles that reflect what holds significance in your life. Understanding your values provides insight into your sources of motivation, enjoyment, inspiration, and areas where you seek growth. Aligning your life with these values cultivates a sense of fulfillment and purpose.

Values evolve with self-awareness, resonate deeply with your authentic self, and will come naturally to you. They represent not just ideals you admire but what you prioritize, define success by, aspire to be known for, and are willing to pursue passionately.

If you were to select only three to five values from this list, which would you prioritize?

- | | | |
|---|--|---|
| ☐ Accomplishment | ☐ Forgiveness | ☐ Peace |
| ☐ Accountability | ☐ Freedom | ☐ Perseverance |
| ☐ Achievement | ☐ Friendship | ☐ Presence |
| ☐ Adaptability | ☐ Fun | ☐ Productivity |
| ☐ Adventure | ☐ Generosity | ☐ Recognition |
| ☐ Authenticity | ☐ Gentleness | ☐ Relationships |
| ☐ Balance | ☐ Gratitude | ☐ Respect |
| ☐ Beauty | ☐ Growth | ☐ Resourcefulness |
| ☐ Boldness | ☐ Happiness | ☐ Responsibility |
| ☐ Calm | ☐ Harmony | ☐ Safety |
| ☐ Collaboration | ☐ Health | ☐ Self-Care |
| ☐ Commitment | ☐ Helpfulness | ☐ Self-Discipline |
| ☐ Communication | ☐ Honesty | ☐ Self-Esteem |
| ☐ Community | ☐ Humility | ☐ Self-Improvement |
| ☐ Compassion | ☐ Humor | ☐ Service |
| ☐ Confidence | ☐ Independence | ☐ Simplicity |
| ☐ Connectedness | ☐ Innovation | ☐ Spirituality |
| ☐ Contentment | ☐ Integrity | ☐ Spontaneity |
| ☐ Contribution | ☐ Intuition | ☐ Strength |
| ☐ Cooperation | ☐ Joy | ☐ Teamwork |
| ☐ Courage | ☐ Kindness | ☐ Thankfulness |
| ☐ Creativity | ☐ Learning | ☐ Tradition |
| ☐ Curiosity | ☐ Leadership | ☐ Trust |
| ☐ Determination | ☐ Listening | ☐ Truth |
| ☐ Discovery | ☐ Love | ☐ Unity |
| ☐ Education | ☐ Loyalty | ☐ Vitality |
| ☐ Empathy | ☐ Ministry | ☐ Wealth |
| ☐ Empowerment | ☐ Optimism | ☐ Wisdom |
| ☐ Excellence | ☐ Orderliness | ☐ _____ |
| ☐ Fairness | ☐ Participation | ☐ _____ |
| ☐ Family | ☐ Partnership | ☐ _____ |
| ☐ Flexibility | ☐ Passion | ☐ _____ |
| ☐ Focus | ☐ Patience | ☐ _____ |

“Your beliefs become your thoughts; your thoughts become your words; your words become your actions; your actions become your habits; your habits become your values; your values become your destiny.” - Mahatma Gandhi

Values Part 1



Reflection & Prioritization

1. Circle 10-15 values from page 1 that resonate most strongly with you.
2. Next, narrow it down to your top 5 core values.
3. Clarify your values by answering the questions below.

Core Value #1: _____

What does this value mean to you? Write a personal definition.

How are you currently honoring or neglecting this value in your daily life?

What habits support this value? What habits erode it?

If this value were fully expressed, what would your life look like?

Core Value #2: _____

What does this value mean to you? Write a personal definition.

How are you currently honoring or neglecting this value in your daily life?

What habits support this value? What habits erode it?

If this value were fully expressed, what would your life look like?

Core Value #3: _____

What does this value mean to you? Write a personal definition.

How are you currently honoring or neglecting this value in your daily life?

What habits support this value? What habits erode it?

If this value were fully expressed, what would your life look like?

Core Value #4: _____

What does this value mean to you? Write a personal definition.

How are you currently honoring or neglecting this value in your daily life?

What habits support this value? What habits erode it?

If this value were fully expressed, what would your life look like?

Core Value #5: _____

What does this value mean to you? Write a personal definition.

How are you currently honoring or neglecting this value in your daily life?

What habits support this value? What habits erode it?

If this value were fully expressed, what would your life look like?

