### Personal Values Exercise

The following list contains words or phrases that illustrate values.

Step 1: From this list, choose the top 12 to 15 values that you hold as foundational for you personally. Meaning identify the values that are your must haves. Do not pick the ones you simply appreciate. Write these values in priority order in the space provided.

Step 2: Once you have picked your top values, see if you can combine two or three values (as long as critical distinctions are not lost). For example, whereas the combination “Honesty/Integrity/Truthfulness” maintains a single distinction, “Honesty/Integrity/Freedom” combines concepts and thereby loses clarity. Write these values combinations in the space provided.

Step 3: Reflect on how these values demonstrate in your life, personally and professionally. Think about how you might increase the demonstration of these values in the various areas of your life. Identify actionable steps that you could take to further align with your values. This could be starting something new, stopping something, adjusting something, working in relational ways, and much more. Write these actionable steps in the space provided.

Values List

Humor

Partnership

Service

Excellence

Focus

Recognition

Accomplishment

Forward the Action

Success

Adventure

Zest

To Be Known

Contribution

Simplicity

Aesthetics Trust

Participation

Collaboration

Personal Power

Connectedness

Comradeship

Spirituality

Full Self-Expression

Creativity

Nurturing

Beauty

Risk Taking

Elegance Growth

Trust

Directness

Productivity

Contribution

Free Spirit

Romance

Harmony

Orderliness

Honesty

Accuracy

Lack of Pretense

Tradition

Vitality

Performance

Community

Freedom to Choose

Acknowledgment

Lightness

Empowerment

Integrity

Independence

Joy

Authenticity

Peace

Autonomy

\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_

Step 1 Activity: Identify your top 12 to 15 values in priority order.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

10. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

11. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

12. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

13. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

14. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

15. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Step 2 Activity: Combine similar values in a values string.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Step 3 Activity: Identify a few steps that you could take to further align with your values.

1.

2.

3.

4.