Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Values Exercise**

Part 1: Read through the list of values below and circle every value that resonates in some way with you. Do not overthink your selections. If you think of a value you possess that is not on the list, be sure to add it to the bottom of the list.

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

Service

Simplicity

Stability

Success

Teamwork

Thankfulness

Thoughtfulness

Traditionalism

Trustworthiness

Understanding

Uniqueness

Usefulness

Versatility

Vision

Warmth

Wealth

Well-Being

Wisdom

Zeal

Part 2: Look back over the values you have circled and added from the list. Begin grouping similar values together in a way that makes sense to you. Create six groupings (if you find you have more than six groups, eliminant the groups that have less meaning to you).

Values group #1 Values group #2 Values group #3

Values group #4 Values group #5 Values group #6

Look through the groupings of words and highlight 1 word that would best represent the group as a whole in your opinion.