

VALUES

What are your core values? How do your values drive your actions?

ACCEPTANCE To be accepted as I am	COURTESY To be polite and considerate to others	GROWTH To keep changing and growing	LOVED To be loved by those close to me	SAFETY To be safe and secure
ACCURACY To be correct in my opinions and actions	CREATIVITY To have new and original ideas	HEALTH To be physically well and healthy	LOVING To give love to others	SELF-ACCEPTANCE To like myself as I am
ACHIEVEMENT To accomplish and achieve	DEPENDABILITY To be reliable and trustworthy	HELPFULNESS To be helpful to others	MASTERY To be competent in my everyday activities	SELF-CONTROL To be self-disciplined and govern my own activities
ADVENTURE To have new and exciting experiences	DUTY To carry out my duties and responsibilities	HONESTY To be truthful and genuine	MODERATION To avoid excess and find a middle ground	SELF-ESTEEM To feel positive about myself
ATTRACTIVENESS To be physically attractive	ECOLOGY To live in harmony with and protect the environment	HUMILITY To be modest and unassuming	MONOGAMY To have one close, loving relationship	SELF-KNOWLEDGE To have a deep, honest understanding of myself
AUTHORITY To be in charge of others	FAME To be known and recognized	HUMOR To see the humorous side of myself and the world	ORDERLINESS To have a life that is well-ordered and organized	SERVICE To be of service to others
AUTONOMY To be self-determining and independent	FAMILY To have a happy, loving family	INDEPENDENCE To be free from depending on others	PLEASURE To have experiences that feel good	SEXUALITY To have an active and satisfying sex life
BEAUTY To appreciate beauty around us	FLEXIBILITY To adjust to new or unusual situations easily	INDUSTRY To work hard and well at my life tasks	POPULARITY To be well-liked by many people	SIMPLICITY To live life simply, with minimal needs
CARING To take care of others	FORGIVENESS To be forgiving of others	INNER PEACE To experience personal peace	POWER To have control over others	SPIRITUALITY To grow spiritually
COMFORT To have a pleasant, enjoyable life	FRIENDS To have close, supportive friends	INTIMACY To share my innermost experience with others	PURPOSE To have meaning and direction in life	STABILITY To have a life that stays fairly consistent
COMMITMENT To make a long-lasting and deep commitment to another person	FUN To play and have fun	JUSTICE To promote equal and fair treatment for all	REALISM To see and act realistically and practically	STRENGTH To be physically strong
COMPASSION To feel and show concern for others	GENEROSITY To give what I have to others	KNOWLEDGE To learn and possess valuable knowledge	RESPONSIBILITY To make and carry out important decisions	TOLERANCE To accept and respect those different from me
COMPLEXITY To have a life full of variety and change	GENUINENESS To behave in a manner that is true to who I am	LEISURE To make time to relax and enjoy	RISK To take risks and chances	VIRTUE To live a morally pure and excellent life
CONTRIBUTION To make a contribution that will last after I am gone	GOD'S WILL To seek and obey the will of God	LOGIC To live rationally and sensibly	ROMANCE To have intense, exciting love in my life	WEALTH To have plenty of money

What are your 5 core values?

1.

2.

3.

4.

5.

At first glance, do these values guide your words and actions, and if so how? If not, how?

If not, how?

VALUE EXPLORATION -

Value 1: _____

What it means to me/how I define it:

It is important to me because:

Value 2: _____

What it means to me/how I define it:

It is important to me because:

Value 3: _____

What it means to me/how I define it:

It is important to me because:

Value 4 : _____

What it means to me/how I define it:

It is important to me because:

Value 5 : _____

What it means to me/how I define it:

It is important to me because:

DEEP DIVE EXPLORATION –

1. How do you feel when you make choices that are aligned with your identified values?
2. How do you feel when you make choices that are not aligned with your identified values?
3. What changes can you make in your life so that your choices and actions are more consistently in line with your values?
4. What were your mother's core values?
5. What were your father's core values?
6. What were the most important life lessons you learned growing up?
7. When you make important life decisions, what parts of life do you consider (work, family/parents, personal growth, etc.)?
8. When you make important life decisions, whose opinions do you seek out and value?
9. Which of your parent's values means the most to you?