

MY VALUES

By identifying and understanding my personal values, I can prioritize what is important to me and what I want to spend my time and energy on.

Circle Your Top 5 Values

AUTHENTICITY
ACHIEVEMENT
ADVENTURE
AUTHORITY
AUTONOMY
BALANCE
BEAUTY
BOLDNESS
COMPASSION
CHALLENGE
CITIZENSHIP
COMMUNITY
COMPETENCY
CONTRIBUTION
CREATIVITY
CURIOSITY
DETERMINATION
FAIRNESS
FAITH

FAMILY
FRIENDSHIPS
FUN
GROWTH
HAPPINESS
HONESTY
HUMOR
INFLUENCE
INNER HARMONY
JUSTICE
KINDNESS
KNOWLEDGE
LEADERSHIP
LEARNING
LOVE
LOYALTY
MEANINGFUL WORK
OPENNESS
OPTIMISM

PEACE
PLEASURE
POISE
POPULARITY
RECOGNITION
RELIGION
REPUTATION
RESPECT
RESPONSIBILITY
SECURITY
SELF-RESPECT
SERVICE
SPIRITUALITY
STABILITY
SUCCESS
STATUS
TRUSTWORTHINESS
WEALTH
WISDOM

OTHER _____

“And in the end it's not the years in your life that count. It's the life in your years.”

-Abraham Lincoln

