

Values Exercise

Circle 10 values that stand out to you.
Then write down your top 3.

Authenticity
Achievement
Adventure
Authority
Autonomy
Balance
Beauty
Boldness
Compassion
Challenge
Citizenship
Community
Competency
Contribution
Control
Creativity
Curiosity
Determination
Fairness
Faith
Fame
Forgiveness

Friendships
Fun
Growth
Happiness
Honesty
Humor
Influence
Inner Harmony
Integrity
Justice
Kindness
Knowledge
Leadership
Learning
Love
Loyalty
Meaningful Work
Openness
Optimism
Peace
Pleasure
Poise
Popularity
Present

Recognition
Religion
Reputation
Respect
Responsibility
Security
Self-Respect
Service
Spirituality
Stability
Success
Status
Trustworthiness
Wealth
Wisdom

My Top 3:

1. _____
2. _____
3. _____

