

Knowing & Honoring Your Values

The goal of this exercise is to hone in on your top five values in order to give you perspective about how to more intentionally drive your decision making through the lens of your values.

Print and cut apart the attached values cards along the dotted lines.

- Put out the 40 values in front of you and pull out your top ten values.
- Set aside the extra 30 cards. Place the remaining ten values in front of you.
- Pull out your top five values cards. Reflect on these top values in the questions below.
- Remember, you are simply prioritizing your primary values.

In the space below, go through your top 5 values and notice how they are showing up in your life.

Questions to reflect on:

1. How would you rate how well you are honoring these values and what actions you can

Value - Rate Scale 1-10 (1-low, 10-high)

1.

2.

3.

4.

5.

2. Why are each of these values important to you?

1.

2.

3.

4.

5.

<h2>Achievement</h2> <p>mastery, a sense of accomplishment, goal achievement</p>	<h2>Adventure</h2> <p>new and challenging opportunities, excitement, risk</p>	<h2>Aesthetics</h2> <p>appreciation of beauty in things, surroundings, ideas, personal space</p>	<h2>Affluence</h2> <p>high income, financial success, prosperity</p>
<h2>Authority</h2> <p>position and power to control events and other people's activities</p>	<h2>Autonomy</h2> <p>self-sufficiency, ability to make most decisions & choices, self-reliance, act independently</p>	<h2>Balance</h2> <p>giving proper weight to each area of one's life</p>	<h2>Challenge</h2> <p>continually facing complex and demanding tasks and problems</p>
<h2>Change</h2> <p>absence of routine; daily activities, or settings that change frequently; unpredictability</p>	<h2>Collaboration</h2> <p>close, cooperative working relationships with groups</p>	<h2>Community</h2> <p>serving and supporting a purpose that supersedes personal desires, making a difference</p>	<h2>Compassion</h2> <p>a deep awareness of the experience of others</p>
<h2>Competence</h2> <p>high degree of proficiency and knowledge, effective and efficient at tasks</p>	<h2>Competition</h2> <p>rivalry with winning as the goal</p>	<h2>Courage</h2> <p>willingness to stand up for one's beliefs</p>	<h2>Creativity</h2> <p>discover, develop, design new ideas, programs, or things; demonstrate innovation & imagination</p>
<h2>Enjoyment & Play</h2> <p>having fun and laughing</p>	<h2>Fame</h2> <p>becoming prominent, famous, well known</p>	<h2>Family</h2> <p>spending time with partner, children, parents, or extended family</p>	<h2>Freedom</h2> <p>the power to act or speak without externally imposed restraints</p>

Friendship

developing close personal relationships with others

Happiness

finding satisfaction, joy, pleasure, and contentment

Health

physical and mental well-being, vitality

Helpfulness

helping other people attain their goals, provide care and support

Humor

the ability to laugh at oneself and life

Influence

having an impact or effect on the attitudes or opinions of others

Integrity

acting in accord with moral and ethical standards; honesty, sincerity, truth, trustworthiness

Fairness

justice, equality, doing the right thing

Knowledge

the pursuit of understanding, skill, and expertise; continuous learning

Love

involvement in close, affectionate relationships; intimacy

Loyalty

faithfulness; dedication to individuals, traditions, or organizations

Order

stability, routine, predictability, clear lines of authority, standardized procedures

Physical Fitness

staying in shape through exercise and physical activity

Recognition

positive feedback and acknowledgment for work well done

Reflection

taking time out to think about the past, present, and future

Responsibility

dependability, reliability, accountability for results

Self-efficacy

ability to meet a challenge in front of us and complete a task successfully

Self-respect

pride, self-esteem, sense of personal identity

Spirituality

spiritual or religious beliefs, moral fulfillment

Wisdom

sound judgment based on knowledge, experience, and understanding