

TOP VALUES EXERCISE

Use the Values Exercise to gain clarity on the most important values in your life. Circle the top 10 from the list below, and number them in order of importance. Feel free to add values that are not on the list.

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| Accomplishment | Joy |
| Absence of pain | Leadership |
| Abundance | Loyalty |
| Achievement | Nature |
| Altruism | Openness |
| Autonomy | Personal Growth |
| Avoidance of Conflict | Partnership |
| Beauty | Physical Appearance |
| Clarity | Power |
| Commitment | Privacy |
| Communication | Professionalism |
| Community | Recognition |
| Connecting to Others | Relationships |
| Creativity | Respect |
| Excellence | Romance |
| Family | Safety |
| Flexibility | Security |
| Freedom | Self-Expression |
| Friendship | Self-Realization |
| Fun | Self-Protection |
| Excellence | Sensuality |
| Health | Service |
| Honesty | Spirituality |
| Humor | Trust |
| Integrity | Truth |
| Intimacy | Wellness |
| Justice | |