

Value:

What is important to you? When you know your values, you can live your life on purpose. There is a direct correlation between your values and your purpose in life. A value can be described as a belief, a mission, or a philosophy that is meaningful. When you become consciously aware of your values, you can create energy to create your life based on your core beliefs and live in harmony with purpose.

See the list of common values and circle the ones that SPEAK to you. Not the ones you think you *should* choose but the ones that are the essence of who you are.

Accepting	Abundance	Accomplish	Accountability
Acquire	Adventure	Articulate	Artistic
Alert	Attentive	Attract	Beauty
Be accepting	Be awake	Be bonded	Be connected
Be calm	Be joyful	Be passionate	Be present
Be peace	Be present	Be sensitive	Be spiritual
Bravery	Build	Bliss	Calm
Capable	Cause	Challenge	Change
Cleanliness	Coach	Comfort	Collaboration
Commitment	Communication	Community	Competence
Competition	Connection	Content	Continuous improvement
Control	Cooperation	Coordination	Courage
Creativity	Curious	Dare	Danger
Decisiveness	Delight	Detective	Democracy
Dependable	Design	Devotion	Direct
Discipline	Discovery	Diversity	Ease of Use
Efficiency	Equality	Excellence	Expert
Fairness	Faith	Faithfulness	Family
Flair	Freedom	Friendship	Fun
Global view	Good will	Goodness	Gratitude
Hard work	Harmony	Honesty	Honor
Imagination	Improvement	Impact	Improve
Independence	Individuality	Influence	Inner peace, calm, quietude
Innovation	Inspire	Integrity	Intensity
Ingenuity	Inquisitive	Instruct	Justice
Knowledge	Learn	Laugh Leadership	Love, Romance
Loyalty	Magnificent	Meaning	Minister
Merit	Model	Money	Observe
Open-minded	Original	Patient	Patriotism
Peacemaker	People	Perfection	Persevere
Personal Growth	Persuade	Plan	Playful
Pleasure	Power	Practicality	Preservation
Privacy	Progress	Provide	Prosperity
Punctuality	Quality of work	Quest	Radiance
Realize	Refine	Regularity	Relate to God
Reliability	Religious	Resourcefulness	Respect for others
Responsible	Results-oriented	Rule of Law	Risk-taker
Safety	Satisfying	Security	Seek
Self-aware	Sense	Sensual	Self-love
Self-reliance	Self-thinking	Service	Sex
Simplicity	Skill	Solutions	Solving Problems
Speed	Spirit	Stability	Standardization
Status	Strength	Succeed	Success, Achievement
Synergy	Taste	Teamwork	Tenderness
Timeliness	Tolerance	To be	To contribute
To create	To co-create	To discover	To experience
To feel	To know	To lead	To nurture
To relate	To teach	To unite	To win
Touch	Tradition	Tranquility	Transform
Trust	Trustworthy	Truth	Truth-seeker
Understand	Unique	Unity	Uplift
Variety	Venerable	Wealth	Wisdom

Once you have circled or checked the ones that resonate with you, write any additional ones that you believe are important to you.

Now list the top 10. Write these in your journal. Breathe and take your time. You may need to sleep on these 10. Tomorrow you will narrow down to the top 4. After you have defined your top 4, sit back and note in your journal what you *feel* when you see these words.

When you have defined your essential core beliefs, and you *feel* good about them, write what you have learned about yourself in your journal.

- Note areas where you express your values in your daily activities now.
- Which of your values need to be expressed more?
- How have your values influenced your life thus far?
- How would you like to expand your expression of your values?