

Accountability  
Achievement  
Adaptability  
Ambition  
Attitude  
Awareness  
Balance (home/work)  
Being the best  
Caring  
Coaching / Mentoring  
Commitment  
Community Involvement  
Compassion  
Competence  
Conflict Resolution  
Continuous learning  
Cooperation  
Courage  
Creativity  
Dialogue  
Ease with uncertainty  
Enthusiasm  
Entrepreneurship  
Environmental Consciousness  
Efficiency

Ethics  
Excellence  
Fairness  
Family  
Financial stability  
Forgiveness  
Friendships  
Future generations  
Generosity  
Health  
Honesty  
Humility  
Humor/fun  
Independence  
Integrity  
Initiative  
Intuition  
Job security  
Leadership  
Listening  
Making a difference  
Open communication  
Openness  
Patience  
Perseverance

Professional Growth

Personal fulfillment

Personal growth

Power

Recognition

Reliability

Respect

Responsibility

Risk-taking

Safety

Self-discipline

Success

Teamwork

Trust

Vision

Wealth

Well-being

Wisdom

Choose 15 values that are important to you. Narrow the choices to 10 and then 5. Prioritize these last most important values.

Why do you believe that each value is important to you?

Recall a moment in your life when you really lived this value. What behaviors did you exhibit that support this value?

How might you react if this value was not being honored by others? Describe your feelings, thoughts and actions.