

THINK ABOUT IT:



SELF-AWARENESS

Values Activity

1. Determine your core values. From the list below, circle every core value that resonates with you. Do not overthink your selection. If you think of a value you possess that is not on the list, write it down.

Abundance	Dedication	Learning	Responsibility
Acceptance	Dependability	Love	Responsiveness
Accountability	Diversity	Loyalty	Security
Achievement	Empathy	Making a Difference	Self-Control
Adventure	Encouragement	Mindfulness	Selflessness
Advocacy	Enthusiasm	Motivation	Simplicity
Ambition	Ethics	Optimism	Stability
Appreciation	Excellence	Open-Mindedness	Success
Attractiveness	Expressiveness	Originality	Teamwork
Autonomy	Fairness	Passion	Thankfulness
Balance	Family	Performance	Thoughtfulness
Being the Best	Friendships	Personal Development	Traditionalism
Benevolence	Flexibility	Proactive	Trustworthiness
Boldness	Freedom	Professionalism	Understanding
Brilliance	Fun	Quality	Uniqueness
Calmness	Generosity	Recognition	Usefulness
Caring	Grace	Risk Taking	Versatility
Challenge	Growth	Safety	Vision
Charity	Flexibility	Security	Warmth
Cheerfulness	Happiness	Service	Wealth
Cleverness	Health	Spirituality	Well-Being
Community	Honesty	Stability	Wisdom
Commitment	Humility	Peace	Zeal
Compassion	Humor	Perfection	
Cooperation	Inclusiveness	Playfulness	
Consistency	Independence	Popularity	
Collaboration	Individuality	Preparedness	
Creativity	Innovation	Proactivity	
Credibility	Inspiration	Professionalism	
Curiosity	Intuition	Punctuality	
Daring	Joy	Relationships	
Decisiveness	Kindness	Reliability	
	Knowledge	Resilience	
	Leadership	Resourcefulness	

Values Activity

2. Group all similar values together from the list of values on the left. Group them in a way that makes sense to you, personally. Create a maximum of five groupings.

3. Add a verb to each value so you can see what it looks like as an actionable core value:

4. Write your core values in order of priority.

1)	
2)	
3)	
4)	
5)	

"If we can get to the place where we show up as our genuine selves, and let each other see who we really are, the awe-inspiring ripple effect will change the world." - Terrie M. Williams