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|----------------|---------------------|---------------------|----------------------|------------------|
| ACCOUNTABILITY | DIGNITY | HOPE | PATRIOTISM | |
| ACHIEVEMENT | DIVERSITY | HUMILITY | PEACE | |
| ADAPTABILITY | ENVIRONMENT | HUMOR | PERSEVERANCE | TIME |
| ADVENTURE | EFFICIENCY | INCLUSION | PERSONAL FULFILLMENT | TRADITION |
| ALTRUISM | EQUALITY | INDEPENDENCE | POWER | TRAVEL |
| AMBITION | ETHICS | INITIATIVE | PRIDE | TRUST |
| AUTHENTICITY | EXCELLENCE | INTEGRITY | RECOGNITION | TRUTH |
| BALANCE | FAIRNESS | INTUITION | RELIABILITY | UNDERSTANDING |
| BEAUTY | FAITH | JOB SECURITY | RESOURCEFULNESS | UNIQUENESS |
| BEING THE BEST | FAMILY | JOY | RESPECT | USEFULNESS |
| BELONGING | FINANCIAL STABILITY | JUSTICE | RESPONSIBILITY | VISION |
| CAREER | FORGIVENESS | KINDNESS | RISK-TAKING | VULNERABILITY |
| CARING | FREEDOM | KNOWLEDGE | SAFETY | WEALTH |
| COLLABORATION | FRIENDSHIP | LEADERSHIP | SECURITY | WELL-BEING |
| COMMITMENT | FUN | LEARNING | SELF-DISCIPLINE | WHOLEHEARTEDNESS |
| COMMUNITY | FUTURE | LEGACY | SELF-EXPRESSION | WISDOM |
| COMPASSION | GENERATIONS | LEISURE | SELF-RESPECT | |
| COMPETENCE | GENEROSITY | LOVE | SERENITY | WRITE YOUR OWN |
| CONFIDENCE | GIVING BACK | LOYALTY | SERVICE | ----- |
| CONNECTION | GRACE | MAKING A DIFFERENCE | SIMPLICITY | ----- |
| CONTENTMENT | GRATITUDE | NATURE | SPIRITUALITY | ----- |
| CONTRIBUTION | GROWTH | OPENNESS | SPORTSMANSHIP | ----- |
| COOPERATION | HARMONY | OPTIMISM | STEWARDSHIP | ----- |
| COURAGE | HEALTH | ORDER | SUCCESS | ----- |
| CREATIVITY | HOME | PARENTING | TEAMWORK | ----- |
| CURIOSITY | HONESTY | PATIENCE | THRIFT | ----- |

identify
your
values

VALUES ARE LIKE LANE LINES... THEY KEEP YOU GOING IN THE RIGHT DIRECTION WITH FOCUS AND ACCURACY.

Read through and underline ALL that are important values for you.

Then go through and circle the underlined ones that are your top 5. Then consider if any overlap and if you can whittle them down to 3.

Send this sheet to 3 friends, colleagues, mentors, etc--people who know you and you trust. Ask them to fill this out for you in the same way--underline all they see in you and then circle the top 5. Consider what they see after you do the exercise and see if you chose to adjust your top 3.