

# Define Your Values

Without dwelling too much on your choices, go through the list below and circle those that feel important to you. Your definitions of these terms may be different from someone else's. Since this exercise is designed to help you get in touch with what matters to you, the meaning of the words is up to you. There is no right or wrong answer, but you can always go back and change your responses later.

The list is far from comprehensive, so I've left some room for you to add your own values.

Acceptance	
Action-Oriented	
Adaptability	
Adventurous	
Ambitious	
Assertive	
Authentic	
Belonging	
Beauty	
Caring	
Challenge	
Cheerfulness	
Communication	
Community	
Compassion	
Connection	
Confidence	
Consistency	
Conviction	
Courage	
Courtesy	
Creativity	
Curiosity	
Decisiveness	
Diligence	
Empathy	
Encouragement	
Equality	
Excellence	
Excitement	

Fairness	
Faith	
Fitness	
Flexibility	
Focused	
Forgiveness	
Freedom	
Friendliness	
Forgiveness	
Fun	
Generosity	
Grace	
Gratitude	
Gusto	
Happiness	
Honesty	
Hope	
Humility	
Humor	
Independence	
Industrious	
Integrity	
Intimacy	
Joyfulness	
Justice	
Kindness	
Knowledge	
Leadership	
Listener	
Loving	
Loyalty	
Mannerly	
Mindfulness	
Open-Mindedness	
Orderly	
Organized	
Parenting	
Passionate	
Patience	
Persistence	
Personable	
Pleasure	

Power	
Promptness	
Reciprocity	
Respectfulness	
Responsibility	
Rest	
Romance	
Safety	
Self-Awareness	
Self-Care	
Self-Control	
Self-Development	
Self-Sufficiency	
Sensuality	
Sexuality	
Skillfulness	
Sober-Mindedness	
Sound Judgment	
Spirituality	
Stewardship	
Studios	
Supportiveness	
Sympathetic	
Teachable	
Tidiness	
Trustworthiness	
Uniqueness	
Unity	
Unselfishness	
Usefulness	
Vision	
Vulnerability	
Wealth	
Wholeheartedness	
Wisdom	
Wonder	

*Adapted from Personal Values Card Sort, W.R. Miller, J. C' de Baca, D.B. Matthews, P.L. Wilbourne, University of New Mexico, 2001 and the work of Russ Harris, 2010*