

PART 1:

Acceptance	Generosity	Philanthropy
Achievement	Grace	Play/ Playfulness
Adventure	Gratitude	Positivity
Altruism/Helping Others	Honesty	Power
Attentiveness	Hopefulness	Reason/Logic
Balance	Humor	Reliability
Beauty	Independence	Respect
Caring	Integrity	Responsibility
Charity	Introspection	Safety
Courage	Joy	Self-control
Connection (Connecting w/others)	Justice	Spirituality/Faith
Competence	Kindness	Stability/Security
Creativity	Knowledge	Success
Curiosity	Leadership	Support
Determination	Learning and Growth	Teamwork
Discipline	Love	Thoughtfulness
Fairness	Loyalty	Trustworthiness
Family	Modesty	Wealth
Friendliness	Nature (Appreciation of)	Wisdom
Friendship	Open-Mindedness	Wonder
Fun	Openness	Work
	Peace	

Think of a person that you look up to and admire. What values do they integrate into their life? Are those values that you'd want for your life?

Now review the list above and circle the values that you aspire to.

Review the items that you circled and place a star next to those values that you believe are core values for you.

Write your top 6 values on the next page of this worksheet.

PART 2:

List your top 6 values:

1. _____ 2. _____

3. _____ 4. _____

5. _____ 6. _____

PART 3:

Now list your 6 top values from above again and check if they apply in each of the four domains. If a value doesn't apply in a domain, write "NA".

Here's an example:

Top Six Values	Family	Friends	Work/School	Partner/Spouse
<i>Integrity</i>	x	x	x	x
<i>Reason/logic</i>	x	x	x	x
<i>wisdom</i>	x	x	x	x
<i>family</i>	x	NA	x	x
<i>support</i>	x	x	x	x

Now complete the exercise for yourself:

Top Six Values	Family	Friends	Work/School	Partner/Spouse