

Values Clarification Exercise

1. Go to a quiet place where you can do some soul searching—you want to be in your heart when you're doing this exercise.
2. Circle the words that really appeal to you at a deep level. You may have many... don't worry about that.
3. Rate the circled ones on a 1-10 scale. The ones you circled should be close to a 10. 7,8,9, or 10.
4. Now take all the 10's and compare them to each other. Take 2 of them at a time and ask yourself, "Is this one more than this one?" Keep the winner and make a line through the less important one until you have only 10 left. These are your top 10 values.

Abundance, acceptance, accomplishment, achievement, acknowledgment, accuracy, admiration, adoration, adventure, aesthetics, affection, affluence, altruism, ambition, appearance, appreciation, approval, assertive, attractive, authenticity, autonomy, aware, awe, balance, beauty, belonging, believe, belief in yourself, bliss, bold, brave, brilliant, calm, caring, celebrity, character, charity, charm, cheerful, choice, clarity, class, clean, cleanliness,

clear-headedness, clever, close, collaboration, comfort, commitment, common ground, compassion, competence, compliments, confidence, connection, consciousness, consistency, contentment, contribution, conviction, courage, courtesy, creativity, curiosity, daring, dedication, dependability, desire, determination, devotion, devout, dignity, directness, discipline, discovery, discretion, diversity, do your part, dreams, drive, dynamic, eager, ecstasy, education, effective, efficiency, elation, elegance, eloquence, empathy, empowerment, emotional well-being, encouragement, endurance, energy, enjoyment, entertainment, enthusiasm, excellence, excitement, exhilaration, experience, expertise, exploration, expressive, extravagance, faith, fame, family, fashion, fearlessness, ferocity, fidelity, fierce, feisty, financial independence, firm, fit, flexible, flow, fluency, focus, foresight, forgiveness, fortitude, frank, freedom, financial freedom, friendly, friendship, fun, generosity, gentle, giving, good manners, grace, gratitude, gregarious, growth, guidance, happiness, hard work, harmony, health, helpful, heroic, holy, holiness, honesty, honour, hope, humility, humour, imaginative, inclusive, independence, ingenuity, innovative, inquisitive, insightful, inspirational, integrity, intellectual, intelligent, intensity, intimacy, intuition, intuitive, inventive, joy, justice, keen, kindness, knowledge, laughter, leadership, learning, legacy, liberation, liberty, listening, live life, live your dreams, lively, logical, longevity, love, loyalty, majesty, making a difference, marriage, mastery, maturity, mentoring, mindful, modesty, morality, motivation, mysterious, nature, neat, nerve, nurturing, obedient, open-minded, open, opportunity, optimism, order, originality, organized, original, outlandish, outrageous, overcoming, partnership, passion, patience, peace, perceptive, perfection,

perkiness, perseverance, persistence, persuasive, philanthropy, piety, playful, pleasant, pleasure, poise, polish, polite, popularity, potency, power, practicality, practice, precision, prepared, presence, privacy, proactive, professional, prosperity, prudence, punctual, pure, purpose, reaching out, real, reasonable, recognition, recreation, refinement, reflection, relaxation, reliability, religion, resilient, resolution, resourceful, respect, responsible, rest, restraint, results, reverence, rich, right choices, rigor, rising above, risk-taking, romance, sacred, sacrifice, safety, saintly, satisfaction, security, self-control, self-expression, selfless, self-reliant, sensitive, sensuous, serenity, service, sex, sexual, sharing, significant, silent, silly, simplicity, sincerity, skill, smile, solidarity, solitude, soul, spirit, spiritual, spontaneity, sportsmanship, spread your wings, spunk, stability, stewardship, still, strength, success, support, synergy, teaching by example, teamwork, temperance, thankful, thoughtful, timeless, tradition, tranquility, transcendence, true beauty, trust, trustworthy, truth, understanding, unique, unity, useful, valor, victory, vigor, virtue, vision, vitality, vivacious, volunteering, warm, watchful, wealth, well-being, wellness, wild, willing, winning, wisdom, witty, wonder, youthful, zealous, zest

Your top ten values are so important for you to honor in your life. These will form the fabric that will weave throughout your vision, mission and goals.

Make sure you are getting all of these top 10 values in your life... This will help you create a personal operating system for your life that keeps you focused on the things that really matter to you.

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