

Your Top Values Exercise

Circle ONLY 1-2 words that resonate with you the most from **each group**.



Group Number 1

Accountability	Liberty
Accuracy	Meaning
Achievement	Obedience
Aspiration	Open-Minded
Brilliance	Purity
Clarity	Reason
Clever	Recognition
Decisiveness	Righteousness
Determination	Significance
Education	Justice
Knowledge	Leadership
Learning	Thoughtful
Equality	Understanding
Fairness	Virtuous
Focus	Well-Known
High Morals	Wisdom
Humor	Witty
Integrity	Intelligence

Group Number 2

Altruism
Authenticity
Awareness
Benevolence
Charity
Consciousness
Dedication
Empathy
Insightful
Faith
Impact
Law Abiding
Mindful
Openness
Opportunity
Personal Growth
Repentance
Sacrifice
Tranquility

Group Number 3

Articulateness
Assertiveness
Bold
Collaboration
Community
Connection
Culture
Democracy
Encouragement
Friendship/Comradery
Honesty
Honor
Influential
Respect
Relationships
Stewardship
Supportive
Tradition
Unity

Group Number 4

Acceptance	Appreciation
Balance	Caring
Commitment	Compassion
Cooperation	Courtesy
Diversity	Excellence
Forgiveness	Generosity
Gentleness	Hope
Intimacy	Kindness
Love	Loyalty
Optimism	Patience
Self	Sensitivity
Serenity/Peace	Sharing
Sincerity	Tolerance
Volunteerism	Willingness

Group Number 5

Adventure	Athletics
Competence	Competitive
Efficiency	Fortitude
Hardworking	Helpful
Industrious	Initiative
Moderate	Nature
Practicality	Professionalism
Resilience	Results-Oriented
Strength	Vigor
Vitality	Zeal

Group Number 6

Acceptable
Art
Beauty
Cheerfulness
Courage
Creativity
Flexible/Easy Going
Fun/Playfulness
Joy
History
Individuality
Innovative
Simplicity
Uniqueness

Group Number 7

Abundance	Accomplishment	Freedom	Independence	Self Mastery	Sexuality
Ambition	Challenge	Modesty	Punctuality	Sobriety	
Credibility	Dependability	Reliability	Responsibility	Trust/Truthfulness	
Discipline	Fidelity	Resourcefulness	Security	Virtuosity	

Group Number 8

Any others?

Your Top Values Exercise

From the 7-14 words that you selected on the previous page, select the 5 that matter to you the most, that you value more than the others in your life. Write them below:

1.

2.

3.

4.

5.

Your Values Alignment Assignment

FAMILY >> Which of your TOP values are in alignment:

Which of your TOP values do you compromise regularly:

FRIENDS >> Which of your TOP values are in alignment:

Which of your TOP values do you compromise regularly:

CAREER >> Which of your TOP values are in alignment:

Which of your TOP values do you compromise regularly:

FINANCE >> Which of your TOP values are in alignment:

Which of your TOP values do you compromise regularly:

HEALTH >> Which of your TOP values are in alignment:

Which of your TOP values do you compromise regularly:

RELATIONSHIPS >> Which of your TOP values are in alignment:

Which of your TOP values do you compromise regularly:



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