

## Values Challenge

- Look through this list of Values & place a check mark by the 12 values most important to you. Your particular choices don't say that the remaining values aren't important to you, just that you have given intentional thought and consideration to the dozen that really jump out and resonate with you.

You don't need to put the 12 that you've chosen in rank order. After you've checked off 12 values, jot down a sentence or two that specifically explains the reason(s) these Core values are important to you. Clearly defining our values ("what matters most to us") and solidifying them with the "why" statements helps us to better understand and connect with these standards. This simple exercise is a useful tool for enhancing our self-awareness.

Below is an example of one of my core values and a few statements that explain why that principle/value is important to me.

- Ex: One of my personal values is Freedom and here is my explanation of why it matters in my life.

- Freedom- I have an entrepreneurial spirit, and I'm most interested in a life formed around experiences and the ability to focus on pursuits like writing, coaching, comedy, and sports.

I want to be free to invest my time and energy in the people, things, ideas, and places that bring the most meaning and joy to my life.

### List of Values

- Accountability
- Learning
- Achievement
- Control
- Adventure
- Courage
- Authenticity
- Creativity
- Balance
- Dependability
- Being liked
- Efficiency
- Mastery
- Comfort
- Certainty
- Commitment
- Faith
- Vulnerability
- Family

- Compassion
- Forgiveness
- Competence
- Freedom
- Companionship
- Fun
- Perseverance
- Friendship
- Generosity
- Personal Fulfillment
- Health
- Personal Growth
- Honesty
- Recognition
- Humor
- Independence
- Safety
- Humility
- Integrity
- Self-discipline
- Durability
- Truth
- Justice
- Job Security
- Unity
- Peace
- Kindness
- Wealth
- Leadership
- Emotional well-being
- Love
- Wisdom
- Patience
- Contribution
- Service
- Success
- Influence
- Respect
- Validation
- Longevity
- Competitiveness
- Consistency
- Confidence
- Cooperation

- Hard work
- Winning
- Assertiveness
- Community Activism
- Social Connections
- Intimacy
- Self-awareness
- Loyalty
- Resilience
- Significance