

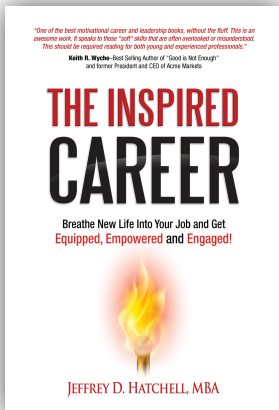
# Values

Simply put, values are what we hold dear. If we live in alignment with them, we will experience deep fulfillment. They are worth orienting our lives around.

A value is an enduring belief that a specific mode of conduct or end-state of existence is personally or socially preferable to an opposite or converse mode of conduct or end-state of existence.

Values are guiding principles. They are overriding beliefs in our lives with respect to the personal and social ends we desire. Values are standards. Values are empowering. People are more in control of their own lives when their values are clear and outlying.

Adapted from the book:



**Circle the values below that resonate most with you. Rank how important each is to you on a scale of 1 to 5, with 1 being most important. Then list your top five values in its importance to you.**

- Achievement
- Adventure
- Aesthetics
- Affection
- Altruism
- Appearance
- Arts
- Authority (Power)
- Autonomy/Independence
- Beauty
- Career
- Community
- Competence
- Control
- Contentment
- Creativity
- Devotion
- Emotional Health
- Environment
- Excellence
- Expertise
- Family
- Freedom
- Fun
- Generosity
- Health
- Home
- Honesty
- Integrity
- Learning
- Leisure Time
- Love
- Loyalty
- Mastery
- Meaning
- Money
- Openness
- Originality
- Peace
- Perfection
- Personal Growth
- Physical Health
- Pleasure
- Privacy/Solitude
- Recognition
- Relationship
- Religion
- Risk Taking
- Romance
- Security
- Service
- Socializing
- Spirituality
- Status
- Strength
- Thoughtful
- Trustworthy
- Wisdom

**Now list your top five values in order of importance to you.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_