

Abundance	Ethics	Leadership	Spirituality
Acceptance	Excellence	Learning	Sportsmanship
Accountability	Fairness	Legacy	Stewardship
Achievement	Faith	Leisure	Success
Adaptability	Family	Love	Teamwork
Adventure	Frugality	Loyalty	Thrift
Ambition	Forgiveness	Making a difference	Time
Authenticity	Freedom	Nature	Tradition
Balance	Friendship	Openness	Travel
Beauty	Fun	Optimism	Trust
Belonging.	Generosity	Order	Truth
Benevolence	Giving back	Parenting	Understanding
Career	Grace	Patience	Uniqueness
Caring	Gratitude	Patriotism	Usefulness
Charity	Growth	Peace	Vision
Collaboration	Harmony	Perseverance	Vulnerability
Commitment	Health	Personal fulfillment	Wealth
Community	Home	Power	Well-being
Compassion	Honesty	Pride	Wholeheartedness
Competence	Hope	Recognition	Wisdom
Confidence	Humanitarianism	Reliability	
Connection	Humility	Resourcefulness	_____
Contentment	Humor	Respect	_____
Contribution	Inclusion	Responsibility	_____
Cooperation	Independence	Risk-taking	_____
Courage	Initiative	Safety	_____
Creativity	Integrity	Security	_____
Curiosity	Intuition	Self-discipline	
Dignity	Job security	Self-expression	
Diversity	Joy	Self-respect	
Environment	Justice	Serenity	
Efficiency	Kindness	Service	
Equality	Knowledge	Simplicity	



# Values Reinforcement

List your top 10 values in order of importance. Use these questions to help determine your value hierarchy.

Ask:

1. Does this value accurately reflect who I am at my very best?
2. In my wise mind is this a reliant filter that can help me make hard decisions?

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My core values are (list your top two values):

What are behaviors that will reinforce each core value?

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What are behaviors that threaten each core value?

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# Digging in

Think of your core values (your top two values) as you answer these questions:

1. Why did you choose these two values?

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2. What does it feel like when you are living within your values. Ponder: What is your self-talk like? Do you notice less comparison and fear of judgment? How do you interact with others? These are your guideposts.

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3. What does it feel like when you are living outside your values. Ponder: What is your self-talk like? Do you notice less comparison and fear of judgment? How do you interact with others? These are your warning signals.

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