



PERSONAL VALUES

Your character is shaped and defined by your core beliefs and fundamental values. Who you are and what you stand for are the foundations of your life.

Being able to clearly define and articulate your values can provide stable and powerful guidance and insight as you navigate the changes and choices that are in front of you.

When you face a big challenge or an inevitable change, start by reminding yourself of your greatest strengths, your finest attributes, your personal values.

Listed below is a list of human values; they are as diverse as we are as individuals. What is important is that you know yours!

Go through the list and circle 10 that best describe you. Then narrow that down to 5 by asking yourself for each, what would my life would be like without this value?

Once you have your top 5 values, write them down where you can see them every day. Let your values be your guide.

Circle 10 / Choose 5

MY

accountability, altruism, adventure, awe, achievement, balance, being liked, courage, compassion, caretaker, commitment, competent, community, creative, control, defensive, disciplined, efficient, enthusiastic, entrepreneur, fair, faith, family, freedom, fun, generous, grateful, humble, humorous, healthy, innovative, imaginative, initiative, inclusive, independent, integrity, insightful, leadership, listener, love, motivator, making a difference, optimistic, opportunistic, possibility, purpose driven, perseverance, power, personal growth & fulfillment, quiet, resolute, respect, reliable, risk taking, safety & security, simplicity, strong, team player, timid, trust, thoughtful, thorough, vision, wealth,

& security, simplicity, strong, team p	player, timid, trust, thoughtful, thor	ough, vision, wealth,	
Other:,			
TOP FIVE VALUES			
1.	4.		
2.	5.		
3.	The DNA of N	The DNA of MY Character	