

## Values Identification Worksheet

By **building a life and lifestyle around our values** we create a **life that is more satisfying and meaningful** to us. Which values and qualities resonate with you? Which ones are most important in your personal and professional growth? We are each unique, so there will undoubtedly be words that are missing from this list, and different words that sum up your Value better. If so, feel free to add those words to the list below.

Abundance	Courage	Gentleness	Loyalty	Spirituality
Accomplishment	Creativity	Gratitude	Mastery	Spontaneity
Accuracy	Curiosity	Groundedness	Optimism	Solitude
Acknowledgement	Determination	Growth	Orderliness	Strength
Adventure	Devotion	Happiness	Participation	Tact
Authenticity	Directness	Harmony	Partnership	Thankfulness
Artistic	Discovery	Health	Passion	Tolerance
Awareness	Ease	Helpfulness	Patience	Tradition
Alignment	Effortlessness	Holistic	Peace	Transformation
Balance	Empathy	Honesty	Presence	Trust
Beauty	Empowerment	Honor	Productivity	Understanding
Boldness	Enthusiasm	Humor	Recognition	Unity
Calm	Environment	Idealism	Religious	Vitality
Challenge	Excellence	Independence	Respect	Vulnerability
Clarity	Family	Innovation	Resourcefulness	Wholeness
Collaboration	Fairness	Inspiring	Risk Taking	Wisdom
Community	Faith	Integrity	Resilience	
Compassion	Flexibility	Intuition	Romance	
Comradeship	Focus	Joy	Safety	
Confidence	Forgiveness	Kindness	Satisfaction	
Connectedness	Freedom	Leadership	Self-Esteem	
Contentment	Friendship	Learning	Self Expression	
Contribution	Fun	Listening	Service	
Cooperation	Generosity	Love	Simplicity	

**Remember:** When it comes to Values, there is no right or wrong – only who WE are! Of the qualities and values you've selected which are your top 10? Of your top 10, which are most important? Where are these values showing up in your life? Where would you like for these values to show up more?

*"It's important to be heroic, ambitious, productive, efficient, creative, and progressive, but these qualities don't necessarily nurture soul. The soul has different concerns, of equal value: downtime for reflection, conversation, and reverie; beauty that is captivating and pleasuring; relatedness to the environs and to people; and any animal's rhythm of rest and activity."*

*Thomas Moore*