

PERSONAL VALUES

Identifying Your Personal Values

Following is a fairly comprehensive list of personal values for you to consider.* Start with the first one and imagine spending time every day (at work or home) in an environment that doesn't include it. How would it make you feel? If it seems impossible to you, put a checkmark next to it and move on to the next. Then reread the list of those you checked and eliminate those you feel less passionate about than some of the others. Keep doing this until you get to a list of about six. If you are struggling to narrow the list, try thinking about a time in your life when that value was very important to a decision you made or in how you acted or reacted. If you can't think of one, it might be one to eliminate. If this list is missing a value that has meaning for you, add it to one of the blank lines.

- | | | | |
|---|--|--|--|
| <input type="checkbox"/> Accountability | <input type="checkbox"/> Forgiveness | <input type="checkbox"/> Leadership | <input type="checkbox"/> Self-discipline |
| <input type="checkbox"/> Beauty | <input type="checkbox"/> Freedom | <input type="checkbox"/> Learning | <input type="checkbox"/> Self-expression |
| <input type="checkbox"/> Choice | <input type="checkbox"/> Generosity | <input type="checkbox"/> Love | <input type="checkbox"/> Self-reliance |
| <input type="checkbox"/> Collaboration | <input type="checkbox"/> Gratitude | <input type="checkbox"/> Loyalty | <input type="checkbox"/> Self-respect |
| <input type="checkbox"/> Commitment | <input type="checkbox"/> Happiness | <input type="checkbox"/> Merit | <input type="checkbox"/> Serenity |
| <input type="checkbox"/> Community | <input type="checkbox"/> Harmony | <input type="checkbox"/> Modesty | <input type="checkbox"/> Service |
| <input type="checkbox"/> Compassion | <input type="checkbox"/> Health | <input type="checkbox"/> Nature | <input type="checkbox"/> Simplicity |
| <input type="checkbox"/> Competition | <input type="checkbox"/> Honesty | <input type="checkbox"/> Optimism | <input type="checkbox"/> Spirituality |
| <input type="checkbox"/> Courage | <input type="checkbox"/> Hope | <input type="checkbox"/> Order | <input type="checkbox"/> Sportsmanship |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> Humility | <input type="checkbox"/> Patience | <input type="checkbox"/> Stewardship |
| <input type="checkbox"/> Dignity | <input type="checkbox"/> Humor | <input type="checkbox"/> Patriotism | <input type="checkbox"/> Thrift |
| <input type="checkbox"/> Diversity | <input type="checkbox"/> Idealism | <input type="checkbox"/> Perseverance | <input type="checkbox"/> Tolerance |
| <input type="checkbox"/> Empathy | <input type="checkbox"/> Independence | <input type="checkbox"/> Pride | <input type="checkbox"/> Tradition |
| <input type="checkbox"/> Enthusiasm | <input type="checkbox"/> Individuality | <input type="checkbox"/> Privacy | <input type="checkbox"/> Truth |
| <input type="checkbox"/> Equality | <input type="checkbox"/> Innovation | <input type="checkbox"/> Prudence | <input type="checkbox"/> Wisdom |
| <input type="checkbox"/> Excellence | <input type="checkbox"/> Integrity | <input type="checkbox"/> Resourcefulness | _____ |
| <input type="checkbox"/> Fairness | <input type="checkbox"/> Interdependence | <input type="checkbox"/> Respect | _____ |
| <input type="checkbox"/> Faith | <input type="checkbox"/> Justice | <input type="checkbox"/> Responsibility | _____ |
| <input type="checkbox"/> Family | <input type="checkbox"/> Kindness | <input type="checkbox"/> Security | _____ |

* "List of Personal Values," Personal Legacy Advisors, accessed July 15, 2012, www.personallegacyadvisors.com/knowledge-base/downloadable-values-list.

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