



Your Resonating Values

What are your top 5 values? Circle the values that are the most important to you. Then go back and try to narrow them down to 5 – 10. Consider doing a journal page on your most important values using collage.

Achievement

Advancement - Growth, professional advancement, personal maturity

Authenticity

Artistic

Altruism

Beauty - The appreciation of loveliness, e.g., enjoying art, nature, and work

Benevolence

Balance

Cooperation - Communication, team effort and working together

Creativity - Freedom, imagination, and the desire for new ideas

Curiosity

Centeredness

Connection

Commitment

Dedication - A passionate belief in something

Encouragement

Ethics

Financial

Faith - Believing in yourself, a higher power, the goodness of life, or the goals of your organization

Freedom - Absence of necessity or coercion; liberation

Family

Fairness

Faithfulness

Genuiness

Goodness

Hope

Hospitality

Health - Physical and mental well-being

Helpfulness - Sense of concern for and outreach to the needs of others

Honesty - Fairness, straightforwardness, sincerity, truthfulness

Healing
Integrity - Moral and intellectual honesty
Intuition
Inspiration
Imagination
Joy
Justice - Fairness, balance, moral equality
Judgment
Kindness
Knowledge - Seeking and learning new insights
Life - Principle or force distinctive of animate beings
Love - Personal warm feelings of caring and affection
Loyalty - Faithfulness to another person
Morality - Ethical standards, conscience, sense of right and wrong
Money
Mercy
Openness - Willingness to try new things
Outreach
Patience - Bearing pains or trials calmly, steadfastness in suffering or crisis
Peace
Pleasure - What you enjoy; what delights you
Power - Ability to lead, direct, persuade, control
Professionalism - Commitment to quality, pride in your work
Quiet
Realism
Rest
Recognition - To receive special attention, to feel "important"
Religion - Belief in a supreme Being; God; a spiritual relationship
Responsibility - Accountability, maturity, ability to respond
Resilience
Spirituality
Steadfastness
Security - Having the essentials you need to live
Sensitivity - Awareness, responsiveness, approachability
Social - Lots of fun, friends, companionship
Success - Attainment of wealth, favor or eminence, achieving your goals
Trustworthiness - Dependability deserving of confidence
Vitality - Spirit, life, intuition
Wealth - Material income
Wisdom - Mature understanding of life
Work - Feeling good about your job as challenging and rewarding
Worthwhileness - Acceptance and appreciation as a person not a thing

What are your top 5 values?

- 1.
- 2.
- 3.
- 4.
- 5.

How are you living out those values in your everyday life?

How are you not living out those values in your everyday life?

What will you look back on with regret at your 90th birthday?

What activities do you do that are unnecessary that keep you from living out your values?

Are there projects, people, or work environments in your life that are not congruent with your values?

What are the main areas that you are in disagreement?

What changes need to be made to reconcile these differences?