

Exercise 1:

When you think of the times in your life where you've been the happiest, the proudest, or the most satisfied, which of the following values come to mind?

Accomplishment	Fame	Patriotism
Accountability	Family	Peace
Achievement	Foresight	Persistence
Action	Free time	Personal development
Activism	Freedom	Physical challenge
Adventure	Friendships	Pleasure
Affection	Growth	Power and authority
Ambition	Happiness	Privacy
Autonomy	Health	Public service
Challenge	Helping other people	Purity
Close relationships	Helping society	Quality
Commitment	Honesty	Recognition
Community	Hospitality	Reputation
Compassion	Independence	Responsibility
Competence	Influence	Romance
Competition	Inner harmony	Security
Confidence	Insight	Self-knowledge
Conformity	Inspiration	Self-reliance
Control	Integrity	Self-respect
Coolness under fire	Intellectual status	Serenity
Cooperation	Introspection	Sophistication
Courage	Justice	Spirituality
Creativity	Knowledge	Stability
Credibility	Leadership	Status
Decisiveness	Location	Tenacity
Desires	Loyalty	Tranquility
Economic security	Meaningful work	Truth
Effectiveness	Mentorship	Vibrancy
Efficiency	Merit	Volunteering
Enthusiasm	Money	Wealth
Environmentalism	Movement	Will-power
Excellence	Music	Wisdom
Excitement	Nature	_____
Fairness	Openness	_____
Faith	Order	_____

Exercise 2:

Pick one and write a couple of sentences about why one of the values you chose is important to you.

Exercise 3:

In general, I try to live up to these values: Disagree 1 ----- 2 ----- 3 ----- 4 ----- 5 Agree

Exercise 4:

What was the last topic that someone asked for your advice on?