**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

Accountability

Achievement

Activism

Adventure

Affection

Ambition

Autonomy

Challenge

Close relationships

Community

Compassion

Competence

Competition

Conformity

Control

Coolness under fire

Cooperation

Courage

Creativity

Credibility

Decisiveness

Economic security

Effectiveness

Efficiency

Enthusiasm

Environmentalism

Excellence

Excitement

Fairness

Faith

Fame

Free time

Freedom

Friendships

Growth

Having a family

Health

Helping other people

Helping society

Honesty

Hospitality

Independence

Independence

Influence

Inner harmony

Insight

Inspiration

Integrity

Intellectual status

Introspection

Justice

Knowledge

Leadership

Location

Loyalty

Meaningful work

Mentorship

Merit

Money

Movement

Nature

Openness

Order

Patriotism

Personal development

Physical challenge

Pleasure

Power and authority

Privacy

Public service

Purity

Quality

Recognition

Reputation

Responsibility

Romance

Security

Self-knowledge

Self-reliance

Self-respect

Serenity

Sophistication

Stability

Status

Tranquility

Truth

Vibrancy

Wealth

Wisdom

[add any that I missed]

**Exercise 2:**

Pick one value 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?