VALUES EXERCISE



(http://www.taproot.com/archives/37771)

1. *Determine your core values.* From the list below, choose and write down every core value that resonates with you. Do not overthink your selections. As you read through the list, simply write down the words that feel like a core value to you personally. If you think of a value you possess that is not on the list, be sure to write it down as well.

Abundance



Acceptance



Accountability



Achievement

Advancement



Adventure

Advocacy



Ambition



Appreciation

Attractiveness

Autonomy

Balance



Being the Best



Benevolence

Boldness

Brilliance

Calmness

Caring



Challenge

Charity

Cheerfulness

Cleverness

Community

Commitment

Compassion



Cooperation

Collaboration

Consistency

Contribution

Creativity

Credibility

Curiosity

Daring

Decisiveness

Dedication

Dependability

Diversity

Empathy

Encouragement

Enthusiasm

Ethics



Excellence

Expressiveness

Fairness

Family

Friendships

Flexibility

Freedom

Fun

Generosity

Grace

Growth

Flexibility

Happiness

Health

Honesty

Humility

Humor

Inclusiveness

Independence

Individuality

Innovation

Inspiration

Intelligence

Intuition

Joy

Kindness



Knowledge

Leadership

Learning

Love



Loyalty

Making a Difference

Mindfulness

Motivation

Optimism

Open-Mindedness

Originality

Passion

Performance

Personal Development

Proactive

Professionalism

Quality

Recognition

Risk Taking

Safety

Security

Service

Spirituality

Stability

Peace

Perfection

Playfulness

Popularity

Power

Preparedness

Proactivity

Professionalism

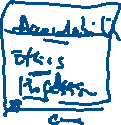


Punctuality

Recognition

Relationships

Reliability



Resilience

Resourcefulness



Responsibility



Responsiveness

Security



Self-Control



Selflessness



Simplicity

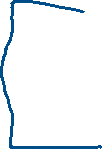
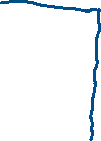
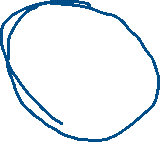
Stability

Success

Teamwork



Thankfulness



Thoughtfulness

Traditionalism



Trustworthiness

Understanding

Uniqueness

Usefulness

Versatility

Vision

Warmth

Wealth

Well-Being

Wisdom

Zeal

Johari adjectives A Johari Window consists of 55 adjectives used to describe the participant, in alphabetical order:

• able

• accepting

• adaptable

• bold

• brave

• calm

• caring

• cheerful

• clever

• complex

• confident

• dependable

• dignified

• energetic

• extroverted

• friendly

• giving

• happy

• helpful

• idealistic

• independent

• ingenious

• intelligent

• introverted

• kind

• knowledgeable

• logical

• loving

• mature

• modest

• nervous

• observant

• organized

• patient

• powerful

• proud

• quiet

• reflective

• relaxed

• religious

• responsive

• searching

• self-assertive

• self-conscious

• sensible

• sentimental

• shy

• silly

• spontaneous

• sympathetic

• tense

• trustworthy

• warm

• wise

• witty