

INTEGRITY	FEELINGS	SPIRITUALITY	ACHIEVEMENT	CREATIVITY	ENJOYMENT
Accountability	Acceptance	Adaptability	Accomplishment	Creation	Amusement
Candor	Comfort	Altruism	Capability	Curiosity	Enthusiasm
Commitment	Compassion	Balance	Challenge	Discovery	Experience
Dependability	Contentment	Charity	Competence	Exploration	Fun
Dignity	Empathy	Communication	Credibility	Expression	Playfulness
Honesty	Grace	Community	Determination	Imagination	Recreation
Honor	Gratitude	Connection	Development	Innovation	Spontaneity
Responsibility	Happiness	Consciousness	Drive	Intuition	Surprise
Sincerity	Hope	Contribution	Effectiveness	Openness	
Transparency	Joy	Cooperation	Empowerment	Originality	
Trust	Kindness	Courtesy	Endurance	Uniqueness	
Truth	Love	Devotion	Excellence	Wonder	
	Optimism	Equality	Growth		
	Passion	Fairness	Hard work		
	Peace	Family	Improvement		
	Poise	Fidelity	Influence		
	Respect	Friendship	Intensity		
	Reverence	Generosity	Leadership		
	Satisfaction	Giving	Mastery		
	Serenity	Goodness	Motivation		
	Thankfulness	Harmony	Performance		
	Tranquility	Humility	Persistence		
		Loyalty	Potential		
		Maturity	Power		
		Meaning	Productivity		
		Selflessness	Professionalism		
		Sensitivity	Prosperity		
		Service	Recognition		
		Sharing	Results		
		Stewardship	Risk		
		Support	Significance		
		Sustainability	Skillfulness		
		Teamwork	Status		
		Tolerance	Success		
		Unity	Talent		
			Victory		
			Winning		

PRESENCE	INTELLIGENCE	STRENGTH	FREEDOM	COURAGE	ORDER	HEALTH
Alertness	Brilliance	Ambition	Independence	Bravery	Accuracy	Energy
Attentiveness	Common Sense	Assertiveness	Individuality	Conviction	Carefulness	Vitality
Awareness	Decisiveness	Boldness	Liberty	Fearlessness	Certainty	
Calm	Foresight	Confidence		Valor	Cleanliness	
Clarity	Genius	Dedication			Consistency	
Concentration	Knowledge	Discipline			Control	
Focus	Learning	Fortitude			Decisiveness	
Silence	Logic	Persistence			Economy	
Simplicity	Openness	Power				
Solitude	Realism	Restraint				
	Reason	Rigor				
	Reflection	Self-Reliance				
	Thoughtfulness	Temperance				
	Understanding	Toughness				
	Vision	Vigor				
	Wisdom	Will				

SELECTING YOUR VALUES:

Read over these lists of values and circle any words that resonate deeply with who you are. Add any words that are not on these lists. The first time through these lists will most likely produce a large number of words. Now go back and group all those words into clusters of similarity. Eliminate words in each cluster until you are down to your most preferred one (or come up with a word not on the list that best captures the value for you). Your goal is to have three to five values; having too many values prevents you from focusing on any of them.

RANK ORDERING YOUR VALUES:

Compare your three to five values with each other. Which one is the most important to you out of this list? If you were faced with a decision that caused a conflict between two of them, which one would you choose to follow? For example, if two of your values are “love” and “simplicity,” consider which one might overrule the other. While both are important, “love” will most likely trump “simplicity” when you are celebrating your 25th anniversary. Rewrite your list of three to five values with your highest one at the top and the lowest one at the bottom. Since life is all about *values conflicts*, arranging them in rank order guides us in making decisions.

FLESHING OUT YOUR VALUES:

Having a list of rank-ordered values is a good start to living out your core values. Making them practical is the next crucial and necessary step. Therefore, after each value write out five to ten defining statements such as, “I know I am living by [VALUE] when I...” For example, the value “simplicity” might be followed by a statement such as, “I know I am living by simplicity when I wisely invest in essential resources and technology to meet present needs.”