

Having values is essential for living a fulfilling and authentic life. They help us make choices that are true to who we are and what we believe in. Values also allows us to live with integrity, as we are able to act in a way that is consistent with our core principles.

Identify your top three (3) values. Start with a wide net and begin to narrow down slowly until you get to three in each category. If you run into trouble identifying these, ask yourself:

- Are these true to me?
- Am I my best when I'm pursuing these?
- Will these help me be my most authentic self?
- Will these help me get to my best self?

Use the next page as a resource to narrow down and identify your values. It may take a few times to find your three main values. Use the boxes to identify your top values, and begin narrowing down from there. Feel free to sit with your list for a few hours or days and don't hesitate to adjust them in a week or two fi needed. What's most important is that you find what is true to you, not what feels good in the moment.

My Top 3 Values					



- X Mark your top 20 values
- X Mark your top 5 values
- X Mark your top 10 values
- X Mark your top 3 values

Acceptance		Generosity			Respect for human rights
Activism		Graciousness		Г	Role modeling
Adaptability		Gratitude		Г	Saving
Advocacy		Growth			Science
Artistic expression		Hard work		Г	Self-awareness
Attention to detail		Harmony		Г	Self-care
Authenticity		Health		Г	Self-discipline
Business acumen		Honesty		Г	Self-expression
Challenge		Humility		Г	Self-improvement
Charitable giving		Inclusion			Simplicity
Cleanliness		Independence			Social responsibility
Collaboration		Ingenuity			Sustainability
Communication		Initiative			Tolerance
Compassion		Innovation		Г	Teamwork
Community service		Interpersonal skills			Technology
Consistency		Integrity			Time management
Contentment		Justice			Trustworthiness
Courage		Kindness			Vision
Creativity		Leadership			Volunteerism
Cultural awareness		Learning			Well-being
Curiosity		Listening			Work ethic
Dedication		Loyalty			-
Determination		Meditation			Custom Values (Write-Ins)
Diplomacy		Mentorship			1
Diversity		Mindfulness			
Emotional intelligence		Minimalism			
Empathy		Multilingualism			
Empowerment		Nutrition			
Environmentalism		Open-mindedness			
Equality		Optimism			
Etiquette		Orderliness			
Excellence		Patience			
Exploration		Perseverance			
Fairness		Professionalism			
Financial responsibility		Progress			
Flexibility		Quality			
Forgiveness		Responsibility			
Frugality		Respect			
Fun		Respect for environment			

BE YOU