



Discovering Your Personal Values

A value can be defined as how you want to show up in the world. Think of a personal value as how you want to live your life, what you want to be known for, and how you want people to remember you.

Read carefully through the list and circle the words that feel important to you. Once you read through the list, go back and read the words you circled. Your goal is to come up with three to five values that you want to have as your guiding principles.

One tip as you are trying to decide your values: be mindful of repetition. You may have selected both belonging and inclusion, for example. To whittle your list to three to five, you can choose the one that feels most like you.

Accountability	Ethics	Kindness	Self-respect
Achievement	Excellence	Knowledge	Serenity
Adaptability	Fairness	Leadership	Service
Adventure	Faith	Learning	Simplicity
Altruism	Family	Legacy	Spirituality
Ambition	Financial stability	Leisure	Sportsmanship
Authenticity	Forgiveness	Love	Stewardship
Balance	Freedom	Loyalty	Success
Beauty	Friendship	Making a difference	Teamwork
Being the best	Fun	Nature	Thrift
Belonging	Future generations	Openness	Time
Career	Generosity	Optimism	Tradition
Caring	Giving back	Order	Travel
Collaboration	Grace	Parenting	Trust
Commitment	Gratitude	Patience	Truth
Community	Growth	Patriotism	Understanding
Compassion	Harmony	Peace	Uniqueness
Competence	Health	Perseverance	Usefulness
Confidence	Home	Personal fulfillment	Vision
Connection	Honesty	Power	Vulnerability
Contentment	Hope	Pride	Wealth
Contribution	Humility	Recognition	Well-being
Cooperation	Humor	Reliability	Wholeheartedness
Courage	Inclusion	Resourcefulness	Wisdom
Creativity	Independence	Respect	Write your own:
Curiosity	Initiative	Responsibility	
Dignity	Integrity	Risk-taking	
Diversity	Intuition	Safety	
Environment	Job security	Security	
Efficiency	Joy	Self-discipline	
Equality	Justice	Self-expression	



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Now that you know your top values, enter them in the box below

My Personal Values:

Next up, you will use what you have discovered about your values to choose how you want to show up in your life.

For each category, simply write a sentence or phrase or two about how you want to be in each area of your life.

How I want to show up in my relationships.

How I want to take care of myself, including my physical and mental wellness:

How I want to show up in my community and the world:

How I want to show up in my spiritual life:

A final note about your values: You won't always be perfect. Some days you will act in ways that don't align with your values, especially when you feel stressed, tired, overwhelmed or any of the many emotions that can cause us to move away from our values. The goal is simply to do your best to use your values as your guiding principles. Forgive yourself when you don't, but make sure to celebrate and feel proud of yourself when you do.