Business@utside.

PERSONAL VALUES WORKSHEET

1.

Reflect on the values in adjacent list and mark how important each value is to you:

> -Not Important; -Important; or -Very Important

Questions to think about:

What values are important to a life well lived?

What do you want to be known for?

What qualities do you admire in others and work to cultivate in yourself?

2.

Look through the values you marked as really important and choose the ten most important values. Mark them in the TOP 10 column.

If you feel that there are important values missing, write them in the space at the bottom.

3.

Look at your Top 10 Column and narrow down your choices to your top six most important values. Check them in the TOP 6 Column, and list them here.

Finally, from your five core values, choose your NUMBER 1, most important value.

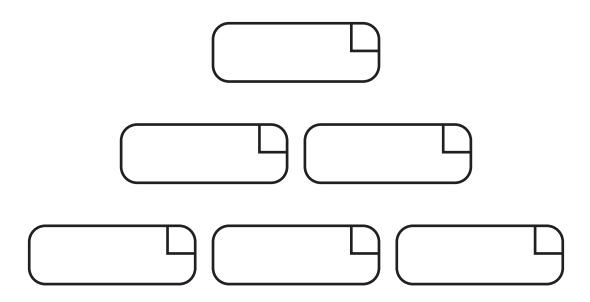
4.

	NOT IMPORTANT	IMPORTANT	VERY IMPORTANT	TOP 10
TOLERANCE			1	
OPEN MINDEDNESS				
BALANCE				
CONSISTENCY				
RESOLVING CONFLICT				
COLLABORATION				
BELONGING				
TRUST			1	
CONFORMITY				
RESPECTFULNESS			1	
CHALLENGE				
RESPECT				
ADVENTURE				
CURIOSITY				
FAIRNESS			1	
PEACE			1	
		1	1	
MODERATION			1	
HELPING				
TRADITION			1	
HEALTH				
SOCIAL RESPONSIBILITY				
LOVE			1	
GROWTH		1	1	
LEARNING		1	1	
CREATIVITY			1	
COURAGE			1	
COMMUNITY			1	
RELAXATION			1	
EXCELLENCE			1	
AMBITION				
INNER HARMONY				
SUSTAINABILITY		1 1 1	1	
INTEGRITY			1	
BEAUTY			1	
COMMUNICATION			1	
POWER		1	1	
TEAMWORK				
SECURITY			1	
WINNING				
LOYALTY				
SPIRITUALITY				
FAITH				
FORGIVENESS				
CONNECTION				
FREEDOM				
AUTHENTICITY				
GRATITUDE				
KINDNESS				
PATIENCE				
GENEROCITY			1	
COMPASSION			1	
JUSTICE			1	
WISDOM			1	
RESILIENCE				

TOP 6

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MY PERSONAL VALUES



PERSONAL VALUES STATEMENT

When writing your Personal Values Statement, use phraseology & connecting phrases like: I Act... While... I Value... I Believe... and I Will Fulfill Myself By...

EXAMPLE STATEMENT

I value **personal freedom**, which allows me to lead an **active & healthy** life full of **adventure.** I will build **authentic & loving** relationships with my friends & **family**. I will fulfill myself through **curiosity**, **personal growth**, & lifelong **learning**.