

Values Identification

Spend some time reviewing the following list of qualities and values. Which ones resonate the most with you? Which are most important in your personal and professional life? Select as many as you want. Add any words to the list that are important to you.

Compassion	Vitality	Artistic	Discovery	Solitude	Transformation	Partnership	Playfulness
Alignment	Accuracy	Clarity	Focus	Synthesis	Serenity	Peacefulness	Power
Accomplishment	Altruism	Creativity	Gratitude	Touch	Tenderness	Romance	Question
Awareness	Beauty	Devotion	Individuality	Boldness	Action	Realization	Resilience
Choice	Community	Entertainment	Mysticism	Abundance	Augment	Unity	Understanding
Enlightenment	Excellence	Influence	Leadership	Authenticity	Encouragement	Thinking	Spirituality
Contentment	Congruent	Health	Performance	Competition	Completion	Will	Wholeness
Drama	Control	Hope	Planning	Contribution	Contemplation	Commitment	Space
Exhilaration	Educate	Justice	Recognition	Delight	Dream	Achievement	Strength
Imagination	Dependable	Movement	Responsibility	Elegance	Information	Attainment	Uniqueness
Fun	Freedom	Prosperity	Spirit	Empathy	Expansion	Bliss	
Holistic	Honesty	Reflection	Superiority	Expert	Feeling	Candor	
Ingenuity	Image	Risk taking	Truth	Guidance	Integrity	Enjoyment	
Judgment	Perseverance	Self-expression	Acceptance	Honor	Persuasion	Connection	
Intimacy	Intentionality	Stimulation	Autonomy	Mastery	Sensuality	Direct	
Magic	Inspiration	Trust	Divinity	Patience	Calm	Inquisitive	
Orderliness	Originality	Vision	Family	Intuition	Adventure	Faith	
Professionalism	Laughter	Comfort	Grace	Love	Awe	Forgiveness	
Satisfaction	Perception	Aesthetics	Harmony	Nurture	Courage	Humor	
Preparation	Process	Balance	Openness	Personal Growth	Discernment	Independence	
Radiance	Refinement	Assistance	Invention	Reverence	Energy	Perfection	
Religious	Safety	Bravery	Magnificence	Privacy	Flexibility	Integration	
Sincerity	Service	Empowerment	Respect	Relationship	Glamour	Loyalty	
Spontaneity	Thoughtfulness	Conformity	Pleasure	Security	Improvement	Nature	
Thrill	Vulnerability	Dedication	Quest	Wealth	Learning	Sensation	

Of the values/qualities you've selected, which are your top ten most important? Of those top ten, which are the four MOST important, "couldn't live without" values? Once you've identified those four core values, define them. Where are they most active in your life? Where there's tension or conflict in your life, can you trace it back to being out of alignment with one of your values? What would it mean to apply that core value to that situation?