

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.

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

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," "engraved on your tombstone" values?

Once you've chosen your top four, define them. What do they look and feel like? Share this exercise with your spouse/partner and compare notes.