# Top Values Date:

Get inspired from the wide sampling of possible core values on the following pages. Circle all of the words that describe what matters most to you.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| AbundanceAcceptanceAccomplishedAccuracyAchievementAcknowledgementActivenessAdaptabilityAdorationAdroitnessAdventureAffectionAffluenceAggressivenessAgilityAlertnessAltruismAmbitionAmusementAnticipationAppreciationApproachabilityArticulacyAssertivenessAssuranceAttentivenessAttractivenessAudacityAvailabilityAwarenessAweBalanceBeautyBeing the bestGuidanceHappiness HarmonyHealthHeartHelpfulnessHeroismHolinessHonestyHonourHopefulnessHospitalityHumilityHumourHygieneImaginationImpactImpartialityIndependence IndustryIngenuityInquisitivenessInsightfulnessInspirationIntegrityIntelligenceIntensityIntimacyIntrepidnessIntroversionIntuitionIntuitivenessInventivenessInvestingJudiciousnessJusticeKeennessKindnessKnowledgeUnderstandingTranscendence | BelongingBenevolenceBlissBoldnessBraveryBrillianceCalmnessCamaraderieCandourCapabilityCareCarefulnessCelebrityCertaintyChallengeCharityCharmChastityCheerfulClarityCleanlinessClear mindedClevernessClosenessComfort CommitmentCompassionCompletionComposureConcentrationConfidenceConformityCongruencyConnectionLeadership LearningLiberationLibertyLivelinessLogicLongevityLoveMajestyMaking a differenceMasteryMaturityMeeknessMellownessMeticulousnessMindfulnessModestyMotivationMysteriousnessNeatnessNerveObedienceOpen-mindednessOpennessOptimismOrderOrganizationOriginalityOutlandishnessOutrageousPassionPeacePerceptivenessPerfectionPerkinessPerseverancePersistencePersuasivenessPhilanthropy | ConsciousnessConsistencyContentmentContinuityContributionControlConvictionConvivialityCoolnessCooperationCordialityCorrectnessCourageCourtesyCraftinessCreativityCredibilityCunningCuriosityDaringDecisivenessDecorumDeferenceDelightDependabilityDepthDesireDeterminationDevotionDevoutnessDexterityDignityDiligenceDirectionPietyPlayfulnessPleasantnessPleasurePoisePolish PopularityPotencyPowerPracticalityPragmatismPrecisionPreparednessPresencePrivacyProactiveProfessionalProsperityPrudencePunctualityPurityRealismReasonRecognitionRecreationRefinementReflectionRelaxationReliabilityReligiousnessResilienceResolutionResolveResourcefulRespectRestRestraintReverenceRichnessRigor | DirectnessDisciplineDiscoveryDiscretionDiversityDominanceDreamingDriveDutyDynamismEagernessEconomyEcstasyEducationEffectivenessEfficiencyElationEleganceEmpathyEncouragementEnduranceEnergyEnjoymentEntertainmentEnthusiasmExcellenceExcitementExhilarationExpectancyExpediencyExperienceExpertiseExplorationExpressivenessSacrednessSacrificeSagacitySaintlinessSanguinitySatisfactionSecurity Self-controlSelflessSelf-reliantSensitiveSensualSerenityServiceSexySeductiveSharingShrewdnessSignificanceSilenceSillinessSimplicitySinceritySkilfulnessSolidaritySolitudeSoundnessSpeedSpiritSpiritualitySpontaneitySpunkStabilityStealthStillnessStrengthStructureSuccessSupremacySympathySynergy | Extravagance ExtroversionExuberanceFairnessFaithFameFamilyFascinationFashionFearlessnessFerocityFidelityFiercenessFinancial FirmnessFitnessFlexibilityFlowFluencyFocusFortitudeFranknessFreedomFriendlinessFrugalityFunGallantryGentilityGivingGraceGratitudeGregariousGrowthTeamworkTemperanceThankfulThoroughThoughtfulThriftTidinessTimelinessTraditionalTranquillityTrustTrustworthyTruthJoyUnflappabilityUniquenessUnityUsefulnessUtilityValourVarietyVictoryVigourVirtueVisionVitalityVivacityWarmthWatchfulnessWealthWilfulnessWillingnessWinningWisdomWittinessWonderYouthfulnessZeal |

##  Discover Your Top Values

Look at all of the words that you came up with above and write down the 24 most important words in the space below.

|  |
| --- |
| **My main 24 values are:** |
| 1. | 13. |
| 2. | 14. |
| 3. | 15. |
| 4. | 16. |
| 5. | 17. |
| 6. | 18. |
| 7. | 19. |
| 8. | 20. |
| 9. | 21. |
| 10. | 22. |
| 11. | 23. |
| 12. | 24. |

Now, narrow the list down again to your top 6 values. You can do this by:

* Grouping common values into one value
* Taking out the values that are so much a part of you that you don’t need to be reminded about them on a daily basis
* Deciding on the top, most important 6 that you shouldn’t be without in order to be your full potential

|  |
| --- |
| **My 6 top values are:** |
| 1. |
| 2. |
| 3. |
| 4. |
| 5. |
| 6. |

|  |  |
| --- | --- |
| 🛠 | **Carry your values with you**Conscious awareness of your values enables you to make decisions and set priorities with ease. Write them in your diary, hang them in your bathroom and put them in your wallet. |

## Assess Your Top Values

**In the space below, describe how your 6 top values ARE and being expressed in each of the key areas in your life.**

|  |
| --- |
| Career/Business |
| Finances and Wealth |
| Friends and Family |
| Fun, Recreation and Entertainment |
| Health and Fitness |
| Love Life |
| Personal/Spiritual Development |
| Physical Environment |

**In the space below, describe how your 6 top values ARE NOT and being expressed in each of the key areas in your life.**

|  |
| --- |
| Career/Business |
| Finances and Wealth |
| Friends and Family |
| Fun, Recreation and Entertainment |
| Health and Fitness |
| Love Life |
| Personal/Spiritual Development |
| Physical Environment |

|  |
| --- |
| **Do any of your top values need to change to get the new results that you are looking for right now? What do you need to change?** |
|  |