

# Exploring Values

*reflection*

*What makes the short list of “most important to me” right now? The things that make you feel most “you”, most in balance, most alive?*

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*If you had the time, money and ability to do anything you would like next year, what would you choose to do?*

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*Who are the people you would keep closest to you for: Support, guidance, fun?  
Who would you keep close to feel safe and comfortable being YOU.*

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*What are the qualities of these people? What makes a good friend or support for you?*

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*Recall a time when you felt fulfilled, satisfied. What need or desire was fulfilled?  
How was this experience meaningful?*

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*What was an experience that was truly memorable or important?*

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*Now go to the “Values” List on the next page and see if you can begin to identify your VALUES.*

<i>Accountability</i>	<i>Creativity</i>	<i>Fidelity</i>	<i>Legacy</i>	<i>Serenity</i>
<i>Accuracy</i>	<i>Curiosity</i>	<i>Fitness</i>	<i>Love</i>	<i>Service</i>
<i>Achievement</i>	<i>Decisiveness</i>	<i>Fluency</i>	<i>Loyalty</i>	<i>Shrewdness</i>
<i>Adventurousness</i>	<i>Democraticness</i>	<i>Focus</i>	<i>Making a difference</i>	<i>Simplicity</i>
<i>Altruism</i>	<i>Dependability</i>	<i>Freedom</i>	<i>Mastery</i>	<i>Soundness</i>
<i>Ambition</i>	<i>Determination</i>	<i>Fun</i>	<i>Merit</i>	<i>Speed</i>
<i>Assertiveness</i>	<i>Devoutness</i>	<i>Generosity</i>	<i>Openness</i>	<i>Spontaneity</i>
<i>Balance</i>	<i>Diligence</i>	<i>Goodness</i>	<i>Order</i>	<i>Stability</i>
<i>Being the best</i>	<i>Discipline</i>	<i>Grace</i>	<i>Originality</i>	<i>Strategic</i>
<i>Belonging</i>	<i>Discretion</i>	<i>Growth</i>	<i>Perfection</i>	<i>Strength</i>
<i>Boldness</i>	<i>Diversity</i>	<i>Happiness</i>	<i>Piety</i>	<i>Structure</i>
<i>Calmness</i>	<i>Dynamism</i>	<i>Hard work</i>	<i>Positivity</i>	<i>Success</i>
<i>Carefulness</i>	<i>Economy</i>	<i>Health</i>	<i>Practicality</i>	<i>Support</i>
<i>Challenge</i>	<i>Effectiveness</i>	<i>Helping society</i>	<i>Preparedness</i>	<i>Teamwork</i>
<i>Cheerfulness</i>	<i>Efficiency</i>	<i>Honesty</i>	<i>Professionalism</i>	<i>Temperance</i>
<i>Clear-mindedness</i>	<i>Elegance</i>	<i>Honor</i>	<i>Prudence</i>	<i>Thankfulness</i>
<i>Commitment</i>	<i>Empathy</i>	<i>Humility</i>	<i>Quality-orientation</i>	<i>Thoroughness</i>
<i>Community</i>	<i>Enjoyment</i>	<i>Independence</i>	<i>Reliability</i>	<i>Thoughtfulness</i>
<i>Compassion</i>	<i>Enthusiasm</i>	<i>Ingenuity</i>	<i>Resourcefulness</i>	<i>Timeliness</i>
<i>Competitiveness</i>	<i>Equality</i>	<i>Inner harmony</i>	<i>Restraint</i>	<i>Tolerance</i>
<i>Consistency</i>	<i>Excellence</i>	<i>Inquisitiveness</i>	<i>Results-oriented</i>	<i>Traditionalism</i>
<i>Contentment</i>	<i>Excitement</i>	<i>Insightfulness</i>	<i>Rigor</i>	<i>Trustworthiness</i>
<i>Continuous</i>	<i>Expertise</i>	<i>Intelligence</i>	<i>Security</i>	<i>Truth-seeking</i>
<i>Improvement</i>	<i>Exploration</i>	<i>Intellectual status</i>	<i>Self-actualization</i>	<i>Understanding</i>
<i>Contribution</i>	<i>Expressiveness</i>	<i>Intuition</i>	<i>Self-control</i>	<i>Uniqueness</i>
<i>Control</i>	<i>Fairness</i>	<i>Joy</i>	<i>Selflessness</i>	<i>Unity</i>
<i>Cooperation</i>	<i>Faith</i>	<i>Justice</i>	<i>Self-reliance</i>	<i>Usefulness</i>
<i>Courtesy</i>	<i>Family-orientedness</i>	<i>Leadership</i>	<i>Sensitivity</i>	<i>Vision Vitality</i>