



Values Exercise

Abundance	Creativity	Gracious	Model	Serve
Accepting	Dedication	Growth	Motivate	Simplicity
Accountable	Design	Guide	Network	Sincerity
Acknowledgment	Devote	Honesty	Passion	Spark
Acquire	Discover	Honor	Peacefulness	Speculate
Adventure	Diversity	Humor	Perfection	Spirituality
Amuse	Duty	Ideal	Perform	Standard
Appreciation	Education	Illuminate	Persuade	Status
Assist	Efficient	Impact	Planning	Stimulate
Attract	Emote	Improve	Playfulness	Structure
Authority	Empathy	Independence	Pleasure	Success
Aware	Encourage	Indulgence	Prepare	Support
Balance	Endeavor	Influence	Presence	Synthesize
Beauty	Energize	Inform	Prestige	Teach
Belief	Engage	Innovate	Prevail	Teamwork
Bliss	Enlighten	Insight	Proficiency	Tenderness
Brainstorm	Enthusiasm	Instruct	Quality	Thrill
Build	Excellence	Integrity	Quest	Touch
Catalyst	Excitement	Invent	Radiance	Train
Change	Exhilaration	Inviting	Realize	Trust
Commitment	Experiment	Joy	Recognition	Uplift
Compassionate	Expert	Knowledge	Relate	Volunteerism
Compete	Explain	Leadership	Religious	Wealth
Competence	Facilitate	Learn	Risk	Win
Connect	Fairness	Legacy	Satisfaction	Wisdom
Contribute	Faith	Love	Score	
Control	Family	Loyalty	Security	
Courage	Fitness	Manage	Sensitivity	
	Fun	Mastery	Sensuality	



Values Exercise

1. From the list above, quickly circle any value that speaks to you. Remember to values are inspirational. They reflect what you stand for. Circle as many as you wish for this round.
2. Refine your list by
 - a. Defining the words with your own definitions
 - b. Listing behaviors that support this value
 - c. Give an example of a time you were fully living this value
3. Repeat Set two until you can get the list to 3-5 values