



***With personal growth comes transformation and with it more freedom, empowerment and happiness than you can imagine!***



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Answer the following questions to get you thinking about what you value most in life and the qualities that you admire and emulate. These are your strengths and will keep you focused on achieving your goals. Knowing your values will help you make decisions in your career and build your self-worth.

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| --- | --- |
| Who is the person I respect most in life and why? What are their core values? |  |
| Who is my best friend and what are her top three qualities? |  |
| What are 3 most important values you would want to pass on to your children? |  |
| Which 3 people in the world do you dislike the most and why? |  |
| Which personality trait, attribute or quality do people compliment you on the most? |  |

Send an email to nine people. Choose 3 colleagues, 3 friends and 3 family members. Ask them to please respond to your email with 3-5 words that describe you and what they think you stand for. Keep it short and simple.

Here is an example: *“Hello, I attended a workshop this week and I received an assignment. Can you please send me a response to this email and give me 3-5 words that you think describe me and what I stand for? Don’t agonize over it just write back whatever comes to mind. Thanks so much for your help.”*

Even if only 5 or 6 people respond, it will give you 20 – 30 words that may provide some insight as to the values that you show to the world. There may be some overlap and that’s good if it means you are consistent with the face you show to others. Write down the words you received before you move on to the next exercise.

1. Review the values below (there are a few more on the next page) and **check** those that you feel you ***currently embody***. You may want to limit yourself to about 20 checks for the first round.
2. Place a **star** next to any values that you don’t currently embody but would like to embrace as a goal.
3. Then from those 20, ***get the list down to 10 core values*** that you live by now.
4. From the final 10, rank them from 1-10 with #1 being your most important core value now. Feel free to refer to the list of values that your colleagues, family and friends said about you.
5. Finally, review those words that you have a star next to as a value you would like to align with.

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

**My Top 10 Core Values (Ranked)**



Are you ***living*** your highest values?

What values have stars next to them that you would like to be known for?

If you feel bad about certain behaviors and patterns it’s usually because you are not living up to the values you admire and want to embody. So line up your behaviors accordingly to build your self worth and LIVE your values.