



DEFINE: YOUR VALUES

NAME

DATE

Circle or highlight the words that you identify with most

Alignment	Clarity	Curiosity	Exploration	Harmony	Knowledge	Prosperity
Authenticity	Cleanliness	Dependability	Expression	Health	Learning	Religion
Awareness	Cleverness	Desire	Fairness	Heart	Love	Resilience
Balance	Comfort	Determination	Faith	Honesty	Loyalty	Respect
Beauty	Commitment	Devotion	Family	Honor	Mindfulness	Sensuality
Belonging	Compassion	Dignity	Fearlessness	Hope	Modesty	Service
Bliss	Confidence	Diligence	Flow	Imagination	Openness	Simplicity
Calm	Connection	Discovery	Freedom	Independence	Optimism	Sincerity
Camaraderie	Consciousness	Diversity	Fun	Inspiration	Originality	Spirituality
Care	Contentment	Duty	Generosity	Integrity	Passion	Success
Challenge	Contribution	Education	Gratitude	Joy	Peace	Trust
Charity	Cooperation	Empathy	Growth	Justice	Persistence	Truth
Chastity	Creativity	Enjoyment	Happiness	Kindness	Pleasure	Wisdom

If you endorsed more than 5 words, group similar words together. Then choose the word or come up with the word that encompasses them all.

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Flesh out those values. Write a sentence on how that value adds meaning to life
