

Identify Your Values

Review the values below, and:

- 1) Circle 10 values that resonate most with you and reflect how you live your life. Add any values not listed in the spaces provided.
- 2) Place an asterisk by the three values you consider most important.

Achievement	Economic security	Integrity	Service
Advancement	Environment	Intellectual challenge	Spirituality
Adventure	Excitement	Job security	Stability
Affection	Faith	Justice	Status/prestige
Artistic expression	Fame	Love	Structure
Authority	Family	Loyalty	Teamwork
Autonomy	Financial security	Nature	Tradition
Balance	Freedom	Order	Trust
Challenge	Friendship	Personal development	Variety
Community	Fun	Pleasure	Wealth
Competence	Generosity	Power	Wisdom
Competition	Health	Predictability	_____
Contribution to society	Helping others	Recognition	_____
Cooperation	Honesty	Respect	_____
Creativity	Independence	Responsibility	_____
Diversity	Influence	Risk-taking	_____

Meet Tom

Tom's top three values:

- Nature
- Fun
- Family



Tom lives out his values by spending a lot of time outdoors—hiking, camping and biking. He'd like to spend more time in nature and help others explore the great outdoors, too.

Meet Kathryn

Kathryn's top three values:

- Helping others
- Family
- Financial security



Volunteering is important to her because it honors her family's tradition of reaching out to people in need, and giving back. She'd like to volunteer more and include her kids, too. Kathryn also would like to be financially secure, so she can contribute to her children's college funds and special causes.