

VALUES AND ORIENTATION

create
2020

DAY 2

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Your Values

What would you like your life to reflect and be guided by?

The more we orient our actions, goals and lifestyle around our Central Values, the more masterful and joyful our lives will be. Get clear on your Values by:

- 1) Underline all of the Values that are important to you.
- 2) Circle the 10 values that are MOST important to you.

Acceptance	Exhilaration	Passion
Accomplishment	Experience	Perfection
Acquisition	Experimentation	Persuasion
Adeptness	Expertise	Plan
Adventure	Explanation	Pleasure
Amusement	Family	Preparation
Aptitude	Feelings	Presence
Arousal	Freedom	Provision
Assistance	Fun	(A) Quest
Attraction	Gambling	Radiance
Awake-ness	Games	Realization
Awareness	Gloriousness	Refinement
Beauty	Glow	Reign
Bliss	Good feeling	Relate
Bonding	Good taste	Religion
Building	Government	Response
(Being a)	Grace	Revelation
Catalyst	Greatness	Risk
Cause	Guidance	Rules
Community	Hedonism	Sensitivity
Compassion	Holiness	Sensuality
Conception	Honor	Service
Connection	Imagination	Sex
Contribution	Impact	Spark
Creation	Improvement	Speculation
Danger	Influence	Spirituality
Daring	Inspiration	Sports
Design	Instruction	Strength
Discernment	Integrity	Superiority
Discovery	Invention	Support
Domination	Joy	Synthesis
Edification	Leadership	Teaching
Education	Learning	Tenderness
Elegance	Location	The unknown
Emotion	Love	Thrill
Empathy	Magnificence	Touch
Encouragement	Mastery	Triumph
Endowment	Ministering	Unity
Energy	Model	Upliftment
Enlightenment	Nurturing	Venture
Entertainment	Observation	Vision
Excellence	Originality	Winning

MY VALUES

For this exercise, identify your Top Three Values, in what ways they are currently showing up in your life and how you could expand on that.

VALUE #1

VALUE #2

VALUE #3

Life Orientation

Finish these sentences quickly with the first thought that comes to mind.

The primary current focus of my life is...

The thing that matters most to me in the world is...

A favorite possession is....

My greatest desire for myself is...

What this could look like in the future..

What I want most for the world is...

Reading the above, I notice that...