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| **Values Identification** |

As you read over the list on the following page, ask yourself the question, “What is important to me?” You will read over the list three times and do the following:

* On the first pass, place a dot beside all that resonate with you.
* On the second pass: review those words with a dot beside them, place a checkmark beside the 10 that are the most important for you.
* Finally, on the third pass: review those words with a check mark, circle the 3-4 that are the most important for you.

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| 1. Accomplishment
2. Accuracy
3. Acknowledgement
4. Adventure
5. Authenticity
6. Balance
7. Beauty
8. Boldness
9. Calm
10. Challenge
11. Collaboration
12. Community
13. Compassion
14. Comradeship
15. Confidence
16. Connectedness
17. Contentment
18. Contribution
19. Cooperation
20. Courage
21. Creativity
22. Curiosity
23. Determination
24. Directness
25. Discovery
26. Ease
27. Effortlessness
28. Empowerment
29. Enthusiasm
30. Environment
31. Excellence
32. Fairness
33. Flexibility
 | 1. Focus
2. Forgiveness
3. Freedom
4. Friendship
5. Fun
6. Generosity
7. Gentleness
8. Groundedness
9. Growth
10. Happiness
11. Harmony
12. Health
13. Helpfulness
14. Honesty
15. Honour
16. Humour
17. Idealism
18. Independence
19. Innovation
20. Integrity
21. Intuition
22. Joy
23. Kindness
24. Learning
25. Listening
26. Love
27. Loyalty
28. Optimism
29. Orderliness
30. Participation
31. Partnership
32. Passion
33. Patience
 | 1. Peace
2. Presence
3. Productivity
4. Recognition
5. Respect
6. Resourcefulness
7. Romance
8. Safety
9. Self-Esteem
10. Service
11. Simplicity
12. Spirituality
13. Spontaneity
14. Strength
15. Tact
16. Thankfulness
17. Tolerance
18. Tradition
19. Trust
20. Understanding
21. Unity
22. Vitality
23. Wisdom
24. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
25. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
26. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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* Write those 3-4 below (no particular order).