Common Personal Values

| Abundance | Curiosity | Flow | Optimism |
| --- | --- | --- | --- |
| Acceptance | Dependability | Focus | Order |
| Achievement | Determination | Freedom | Passion |
| Adventure | Devotion | Friends | Peace |
| Affection | Dignity | Generosity | Presence |
| Altruism | Direction | Grace | Punctuality |
| Ambition | Discipline | Gratitude | Reflection |
| Awareness | Discovery | Growth | Resilience |
| Awe | Duty | Happiness | Resourcefulness |
| Balance | Economy | Health | Respect |
| Beauty | Education | Honesty | Selflessness |
| Belonging | Effectiveness | Honor | Self-Reliance |
| Boldness | Empathy | Humility | Sensitivity |
| Calmness | Encouragement | Humor | Sensuality |
| Camaraderie | Energy | Independence | Service |
| Challenge | Enthusiasm | Integrity | Simplicity |
| Clarity | Excellence | Joy | Spirituality |
| Comfort | Experience | Kindness | Structure |
| Commitment | Fairness | Knowledge | Transcendence |
| Compassion | Faith | Learning | Variety |
| Contribution | Family | Love | Vision |
| Courage | Fitness | Loyalty | Wisdom |
| Creativity | Flexibility | Make A Difference | Wonder |

Knowing your top values and what they mean to you ensures your 3rd life high-value activities are exactly that.

My Current Most Important Values

|  |  |
| --- | --- |
| Example: **Peace** | * *Begin my days and weeks with clear intention*
* *Notice when I am not feeling peaceful and sit down and ponder and choose anew*
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| 1.  |  |
| 2. |  |
| 3. |  |
| 4. |  |
| 5. |  |
| 6. |  |
| 7. |  |
| 8. |  |
| 9. |  |
| 10. |  |

Your top values and what they mean to you can powerfully guide all your decisions.