

Values Compass

PRACTICAL AND TANGIBLE
EXERCISE FOR YOU TO FEEL
CONFIDENT AND CONNECTED
TO YOUR PURPOSE

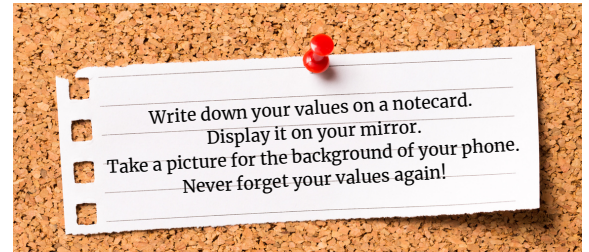




Instructions: Read each value. Close your eyes and feel your intuitive response to each word. If you feel connected to the word, underline it. If you do not, cross it out. Go through the entire list. Then go through the list again but only review the values you underlined. Repeat this until have narrowed it down to a final 10.

VALUES LIST

Adventure	Fame	Personal Growth
Authenticity	Family	Pleasure
Balance	Forgiveness	Power
Beauty	Freedom	Practicality
Boldness	Friendship	Privacy
Bravery	Fun	Professionalism
Calmness	Generosity	Progress
Change	Goodness	Quality of Life
Cleanliness	Hard Work	Quality of Work
Collaboration	Harmony	Quietude
Commitment	Honesty	Reputation
Community	Humor	Resourcefulness
Compassion	Improvement	Respect for others
Competition	Independence	Rule of law
Connection	Individuality	Safety
Contribution	Influence	Satisfying others
Cooperation	Inner Peace	Security
Coordination	Innovation	Self-Respect
Courage	Integrity	Serenity
Creativity	Justice	Service (to others)
Curiosity	Knowledge	Sharing
Delight of being	Leadership	Simplicity
Democracy	Learning	Sincerity
Determination	Love	Skill
Discipline	Loyalty	Solving Problems
Discovery	Merit	Spirituality
Diversity	Money	Status
Efficiency	Non-violence	Strength
Equality	Objectivity	Teamwork
Excellence	Openness	Trustworthiness
Fairness	Optimism	Uniqueness
Faith	Patience	Wealth
Faithfulness	Patriotism	Wisdom
	Perfection	



Reflection Questions



How do values help me make healthy decisions?

Why are values important to consider during challenging moments?

What is a value that I would like to practice more often? Why?

Who can I share this with?

Where can I put this list to see often and reflect on?



Pro Tip: Don't over think it. This is meant to get your heart speaking to you and removing the overly analytical mind that can distract us from our purpose.