

Core Values

Accountability Action Awareness Balance Beauty Boldness
Calmness Cleanliness Closeness Commitment Compassion
Confidence Connection Consciousness Contentment
Cooperation Courage Creativity Decisiveness Determination
Dependability Dignity Diligence Discipline Discovery Diversity
Duty Education Effectiveness Empathy Encouragement
Excellence Experience Expertise Exploration Fairness Faith
Family Flexibility Focus Freedom Frugality Fun Generosity
Gratitude Greed Growth Happiness Health Honesty
Hopefulness Humility Humor Integrity Intimacy Intuition
Joy Kindness Leadership Learning Logic Love Loyalty
Mindfulness Moderation Motivation Openness Optimism
Organization Originality Passion Peacefulness Persistence
Persuasiveness Play Professionalism Reason Resilience
Respect Sacrifice Security Selfishness Sensitivity Sensuality
Serenity Significance Simplicity Sincerity Spirituality Stability
Strength Structure Success Support Sympathy Thoughtfulness
Thrift Timeliness Trust Understanding Uniqueness Usefulness
Virtue Vision Warmth Wealth Wisdom Worthiness

**Values -
Where do they show up?**

What are your dad's top values?

What are you mom's top values?

What did they tell you to value?

What are your grandparents values?

Did your parents pass them to you or create their own?

Did your parents rebel against their patents values?

What values did your community create?

Your state?

Your country?

Where else have you received values, ie religion, education, clubs, in-laws, children, etc.

Think of two people that you admire

Write down their values

Think of two people you dislike

Write down their values

Eliminate their names.

Look at the list of values.

Choose five values that you would like to have in your life.

Write them down.

What did you do today toward living those values.

What can you do tomorrow toward living those values?