

Life Vision - Values in Action – Exercise

Whether we are aware of them or not, our values are the real drivers behind our actions and decisions. Having clarity about our core values and being in congruence with them is essential to succeed in our professional and personal life at whatever stage of life we are. Living in integrity with our values enhances our self-esteem, optimizes our efficiency, streamlines our energy output and helps us feel more pro-active, in charge of our life.

1 - From this list, choose 10 values that are most important to you.

2 – On the next page, narrow your choice down to the 5 very most important. (If you must, it's ok to cluster 2-3 values that are similar).

- | | | |
|--|--|---|
| <input type="checkbox"/> Achievement | <input type="checkbox"/> Generosity | <input type="checkbox"/> Productivity |
| <input type="checkbox"/> Affection | <input type="checkbox"/> Growth | <input type="checkbox"/> Prosperity |
| <input type="checkbox"/> Adventure | <input type="checkbox"/> Harmony | <input type="checkbox"/> Purpose |
| <input type="checkbox"/> Authenticity | <input type="checkbox"/> Health | <input type="checkbox"/> Quality |
| <input type="checkbox"/> Balance | <input type="checkbox"/> Honesty | <input type="checkbox"/> Recognition |
| <input type="checkbox"/> Beauty | <input type="checkbox"/> Imagination | <input type="checkbox"/> Relationships |
| <input type="checkbox"/> Belonging | <input type="checkbox"/> Independence | <input type="checkbox"/> Respect |
| <input type="checkbox"/> Career | <input type="checkbox"/> Innovation | <input type="checkbox"/> Responsibility |
| <input type="checkbox"/> Challenge | <input type="checkbox"/> Inspiration | <input type="checkbox"/> Rewards |
| <input type="checkbox"/> Change | <input type="checkbox"/> Integrity | <input type="checkbox"/> Risk taking |
| <input type="checkbox"/> Communication | <input type="checkbox"/> Joy | <input type="checkbox"/> Safety |
| <input type="checkbox"/> Community | <input type="checkbox"/> Kindness | <input type="checkbox"/> Security |
| <input type="checkbox"/> Compassion | <input type="checkbox"/> Learning | <input type="checkbox"/> Self-knowledge |
| <input type="checkbox"/> Cooperation | <input type="checkbox"/> Leisure | <input type="checkbox"/> Service |
| <input type="checkbox"/> Courage | <input type="checkbox"/> Listening | <input type="checkbox"/> Spontaneity |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> Leadership | <input type="checkbox"/> Soul / Spirit |
| <input type="checkbox"/> Discipline | <input type="checkbox"/> Love | <input type="checkbox"/> Status |
| <input type="checkbox"/> Efficiency | <input type="checkbox"/> Loyalty | <input type="checkbox"/> Sustainability |
| <input type="checkbox"/> Enthusiasm | <input type="checkbox"/> Mastery | <input type="checkbox"/> Success |
| <input type="checkbox"/> Empowerment | <input type="checkbox"/> Money | <input type="checkbox"/> Tradition |
| <input type="checkbox"/> Ethics | <input type="checkbox"/> Nature | <input type="checkbox"/> Teamwork |
| <input type="checkbox"/> Excellence | <input type="checkbox"/> Order | <input type="checkbox"/> Trust |
| <input type="checkbox"/> Faith | <input type="checkbox"/> Optimism | <input type="checkbox"/> Winning |
| <input type="checkbox"/> Family | <input type="checkbox"/> Partnership | <input type="checkbox"/> Win / Win |
| <input type="checkbox"/> Freedom | <input type="checkbox"/> Passion | <input type="checkbox"/> Wellness |
| <input type="checkbox"/> Friendship | <input type="checkbox"/> Privacy | <input type="checkbox"/> Wisdom |
| <input type="checkbox"/> Fun/Humor | <input type="checkbox"/> Professionalism | |
| | <input type="checkbox"/> Power | |

- 1. Place these 5 values in a priority sequence from most important to less and write them below.**
- 2. For each value write 2-5 points about how these values are reflected in your daily actions, activities, decisions, spending habits, goals, etc.**
For example, if you chose health as a value, you may write that you exercise regularly, buy the best quality foods and maintain excellent eating habits and sleep patterns, etc.

Core Values:

1- _____

2- _____

3 - _____

4 - _____

5 - _____