



Values Exercise

Below is a list of values. There is a possibility that all of them may sound good to you, which is not unusual because the language of values is positive. Values are a set of guiding principles and reflect what is most important to us, guiding our beliefs, attitude and behaviors.

To complete this activity, for each of the values listed, choose one of the options in the 3 columns following that value: Must Have, Nice to Have, or Do Not Need.

- Must Have are the values you absolutely cannot live without. You must have them to be happy, fulfilled, content.
- Nice to Have are the values that sound great, and you would like to have them, but they aren't an absolute necessity like your Must Have values.
- Do Not Need are the ones that you know, for a fact, you do not need in your life.

Just as life ebbs and flows, so too do your values. They will change as the seasons of your life change. When completing this activity, rate each value based on the season of life you are currently in, not what you used to value, or what you think will one day be important to you. Rate the values based on what you need today.

Value	Must Have	Nice to Have	Do Not Need	Value	Must Have	Nice to Have	Do Not Need
Accountability				Creativity			
Achievement				Curiosity			
Adaptability				Decisiveness			
Adventure				Determination			
Aesthetics				Dignity			
Altruism				Discipline			
Ambition				Diversity			
Authenticity				Efficiency			
Belonging				Environment			
Career				Excellence			
Collaboration				Fairness			
Commitment				Faith			
Community				Family			
Compassion				Flexibility			
Competence				Focus			
Connection				Freedom			
Contribution				Friendship			
Courage				Fun			

Value	Must Have	Nice to Have	Do Not Need	Value	Must Have	Nice to Have	Do Not Need
Generosity				Passion			
Gratitude				Patience			
Growth				Peace			
Happiness				Perseverance			
Hard work				Power			
Harmony				Practicality			
Health				Prestige			
Honesty				Pride			
Honor				Progress			
Hope				Purpose			
Humility				Quality			
Humor				Recognition			
Inclusion				Relationships			
Independence				Reliability			
Influence				Resourcefulness			
Initiative				Respect			
Innovation				Responsibility			
Integrity				Results			
Intelligence				Risk-taking			
Joy				Security			
Justice				Sensitivity			
Kindness				Service			
Knowledge				Spirituality			
Leadership				Stability			
Learning				Status			
Legacy				Success			
Love				Teamwork			
Loyalty				Time			
Meaning				Tradition			
Motivation				Travel			
Objectivity				Trust			
Openness				Variety			
Optimism				Vision			
Order				Wealth			
Organization				Well-being			
Originality				Wisdom			