

VALUES EXERCISE



Step 1: Circle your top 10 values from the list below. Add any that you want that you do not see already listed.

VALUES

Accomplishment	Financial stability	Partnership
Absence of pain	Flexibility	Physical appearance
Abundance	Freedom	Power
Achievement	Friendship	Privacy
Adventure	Fulfillment	Professionalism
Altruism	Fun	Recognition
Authenticity	Holistic living	Respect
Autonomy	Honesty	Romance
Avoidance of conflict	Humor	Safety
Beauty	Integrity	Security
Clarity	Intelligence	Self-care
Commitment	Intimacy	Self-protection
Communication	Joy	Self-realization
Community	Leadership	Sensuality
Connecting to others	Love	Service
Creativity	Loyalty	Social responsibility
Emotional health	Nature	Spirituality
Environment	Openness	Trust
Excellence	Orderliness	Truth
Family	Personal growth	Vitality

Step 2: From the ten you selected, narrow them down to your five most important values.

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Step 3: Rate each value on a scale of 1 to 10 based on its importance in your life. Then rate each value on a scale of 1 to 10 based on how well you live each value or “walk the talk.” 10 is highest.

Value	Value Rating (1 to 10)	Action Rating (1 to 10)

Step 4: Convert your chosen five most important values into nouns. (For example, if your value is connecting to others, convert that to connection)

Step 5: Take these nouns, and make them into “I Am” statements. (For example, “I am connection” or “I am honesty.” Write them in the space below in order of importance to you.

I Am _____

I Am _____

I Am _____

I Am _____

I Am _____

SELF-CHECK:

- Are these values “want to” or “have to?”
- Where do these values come from? (e.g., your parents, your church, your experiences)
- When do you compromise your values? Why?

NEXT STEPS:

- What value do you feel you would like to work on?
- What is a goal of yours that aligns with that value?
- What is the first step that you can take towards that goal this week?

When you don't show up as who you are, people fall in love with who you're not.

-Iyanla Vanzant