

# Exercise 1: Clarifying Deeply Embedded Values and Life Interests

Below is a list of values. Circle 10 words on the list that best describe what you value most in life. If your values are not on the list, please add them.

Don't over think this. Just circle words that resonate for you. Once you have selected 10, reduce your list to 5, and finally 3 top values.

Values		
Adventure	Well-being	Peace
Growth	Order	Protection
Beauty	Creativity	Love
Compassion	Communication	Family
Commitment	Recognition	Financial Freedom
Inspiration	Power	Joy
Experiment	Leadership	Balance
Contribution	Respect	Have Fun
Catalyze	Justice	Imagination
Rational Thinking	Tradition	Design
Wealth	Intimacy	Govern
Influence	Wisdom	Nurture
Connection	Learning	Originality
Vision	Danger	Variety
Energize	Competition	Equality
Service	Curiosity	Security
Actualization	Achievement	Belonging

**My Top 5 Values:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

**My Top 3 Values:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_