

By choosing to embrace and practice good values every day, you choose the higher course in life. And your life goes in a direction that you will always feel good about. You may not always get what you desire, but you will always be the person you desire to be.



My friend,

Understanding your values is understanding your passion, your motivation, and your priorities. When you know your values, you will be able to make decisions quickly, determine what you should dedicate your time and energy on, and discover the determination to live out your purpose. My hope for you is that you can use this exercise to jumpstart your journey to discovering your values and begin to live out those values every day. Let's begin.

What are values?

Values are your north star, your motivation, your passion, and how you measure success. When what you are doing and your passions line up, you are living out your values. When they do not align, this can be a source of discontent and unhappiness.

1. Read through the list and mark out immediately which values do not fit you.
2. Next, go back through the list and narrow down until you have 10 values remaining. To help do this, take 2 values and ask yourself if you could only choose 1, which would you choose? Visualize the values in action to help you.
3. Group similar values together from your list of 10.
4. Choose one word within each similar group and decide which value describes you the best.
5. With your remaining values, write an action verb to each one so you can see the value in action. *Example: Trust others, seek opportunities for recognition, Balance with work and family, Volunteering in my community, continually growing myself.*
6. Narrow down your list to 3 top values. Which actions describe your core motivation?
7. Finally, work on your values every day by growing in your values, living out your values, and sharing your values with others.

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| 1. Loyalty | 14. Legacy | 27. Balance |
| 2. Faith/Religion | 15. Growth | 28. Commitment |
| 3. Humility | 16. Efficiency | 29. Structure |
| 4. Compassion | 17. Empathy | 30. Change |
| 5. Honesty | 18. Recognition | 31. Volunteerism |
| 6. Money | 19. Independence | 32. Authority |
| 7. Integrity | 20. Simplicity | 33. Consistency |
| 8. Selflessness | 21. Fairness | 34. Courage |
| 9. Determination | 22. Quality | 35. Creation |
| 10. Generosity | 23. Passion | 36. Joy |
| 11. Courage | 24. Fun | 37. Knowledge |
| 12. Trust | 25. Family | 38. Creativity |
| 13. Status | 26. Health | 39. Wonder |

Write your final top 3 values here:

Now take time to write ways to implement these values into your everyday:

