

connecting to yourself: my values

When you're fully being yourself, what principles or qualities feel non-negotiable?

Adventure	Financial Stability	Order	Security
Altruism	Friendships	Parenting	Self-Compassion
Ambition	Fun	Passion	Self-Expression
Animals	Gaming	Patience	Self-Respect
Art	Gardening	Perseverance	Spirituality
Authenticity	Generosity	Playfulness	Sport
Balance	Gratitude	Pleasure	Stability
Beauty	Growth	Politics	Thoughtfulness
Bravery	Happiness	Privacy	Travel
Calmness	Health	Quality	Trust
Career	Honesty	Reading	Truth
Change	Humility	Relationships	Vulnerability
Commitment	Humor	Resilience	Wealth
Community	Independence	Resourcefulness	Wisdom
Connection	Innovation	Respect	Writing
Contribution	Integrity	Responsibility	<i>Don't see your word?</i>
Cooking	Kindness	Risk-Taking	<i>Add it.</i>
Creativity	Knowledge	Safety	_____
Culture	Leadership		_____
Curiosity	Learning		_____
Empathy	Leisure		
Entertainment	Love		
Environment	Loyalty		
Equality	Mercy		
Ethics	Mindfulness		
Excellence	Minimalism		
Exercise	Music		
Fairness	Nature		
Faith	Open-Mindedness		
Family	Optimism		

Courtesy of: thewellnesssociety.org

1) Circle 10 words that feel most aligned..

2) Place a star next to the 3 that feel absolutely essential *

- These are your core values

**Core values often reveal themselves as a theme. If you circled words like love, connection, and relationships, you might be tapping into the same deeper value. Try grouping similar words together to find the one that best captures the essence.*

Core Values:

LIST YOUR TOP 3 VALUES & WHY THESE ARE IMPORTANT TO YOU

1)

2)

3)

VALUES IN ACTION

Describe an area of your life where one of these values happen naturally and effortlessly.

Identify any challenges you face in living in alignment with your core values.

Key Strengths:

LIST YOUR TOP 3-5 STRENGTHS & HOW THEY SHOW UP IN YOUR PERSONAL AND PROFESSIONAL LIFE

1)

2)

3)

4)

5)

STRENGTHS IN ACTION

Describe an area of your life where you leverage your strengths naturally and effortlessly.

How can you amplify these strengths in your life personally and professionally?