

CONNECTING WITH PURPOSE - VALUES

Values

Review the list of values below. Feel free to write in any values that you have that you do not see in the list.

- 1st pass: Underline all the values that resonate with you... up to 20...
- 2nd pass: Fully underline the values that mean the most to you... up to 10
- 3rd pass: Circle the most important... up to 5
- 4th pass: Star 3.

Accomplishment

Gratitude

Peace

Achievement

Growth

Perfection

Adventure

Happiness

Perseverance

Athleticism

Hard Work

Positivity

Challenge

Health

Recognition

Commitment

Helping

Reliability

Community

Honesty

Respect

Compassion

Humor

Responsibility

Courage

Imagination

Service

Creativity

Independence

Social Connection

Curiosity

Influence

Spirituality

Defending	Inspiration	Spontaneity
Dependability	Integrity	Stability
Determination	Intelligence	Status
Diligence	Intuition	Strength
Discipline	Justice	Success
Education	Kindness	Support
Empathy	Knowledge	Talent
Enthusiasm	Leadership	Teaching
Equality	Learning	Thoroughness
Excellence	Love	Thoughtfulness
Excitement	Loyalty	Tolerance
Expertise	Mastery	Tradition
Exploration	Meaningful Work	Trustworthiness
Fairness	Motivation	Truth-seeking
Family	Novelty	Understanding
Fitness	Nurturing	Uniqueness
Freedom	Open-mindedness	Unity
Friendship	Openness	Vitality
Fun	Optimism	Wealth
Generosity	Originality	Wisdom

RistWellness.com