**Naming Your Values**

Values are what you hold to be most important in the way that you live. Discovering, articulating and expressing your values is a lifelong process.

Honoring and making plans and decisions based in your values can create a deep sense of satisfaction and knowledge that your life has meaning.

A good way of starting to do this can be to identify when you felt truly happy, fulfilled or a deep sense of accomplishment. Think about who was with you, what you were doing and other aspects of those special times.

1. What are activities that fill your daily, weekly and yearly life that bring you satisfaction and joy?

2. What are some of the most memorable and happy moments in your life?

3. What are some of the most important lessons have you learned thus far in your life?

4. When have you experienced a deep sense of accomplishment or fulfillment?

(over)
Look at the following list of words and choose those that express values experienced during the times you have identified.

Achievement  
Appreciation  
Caring  
Commitment  
Confidence  
Curiosity  
Education  
Fitness  
Generosity  
Great Music  
Honor  
Ingenuity  
Justice  
Learning  
Love  
Motivation  
Participation  
Perseverance  
Reaching Out  
Sacrifice  
Soul  
Strength  
Trust  
Adventure  
Beauty  
Character  
Common Ground  
Courage  
Dedication  
Encouragement  
Foresight  
Giving Back  
Hard Work  
Hope  
Innovation  
Kindness  
Literacy  
Loyalty  
Opportunity  
Passion  
Practice  
Respect  
Sharing  
Sportsmanship  
Teaching by Example  
Unity  
Altruism  
Belief  
Charity  
Compassion  
Courtesy  
Determination  
Equality  
Forgiveness  
Good Manners  
Helping Others  
Humility  
Inspiration  
Laughter  
Live Life  
Make A Difference  
Patience  
Preparation  
Responsibility  
Simplicity  
Spread Your Wings  
Team Work  
Vision  
Ambition  
Believe in Yourself  
Civility  
Compromise  
Creativity  
Devotion  
Excellence  
Friendship  
Gratitude  
Honesty  
Including Others  
Integrity  
Leadership  
Live Your Dreams  
Mentoring  
Overcoming  
Peace  
Purpose  
Rising Above  
Smile  
Stewardship  
True Beauty  
Volunteering