

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