

Values Exercise

Adventure	Excellence	Loyalty
Work	Excitement	Money
Challenge	Fairness	Play
Change	Fame	Power
Community	Family	Recognition
Competence	Freedom	Religion
Cooperation	Friendship	Safety
Creativity	Happiness	Security
Environment	Health	Service
Education	Honesty	Spirituality
Ethics	Integrity	Wealth

1. Circle the 15 values that are most important to you
2. Narrow down your list to the top 10
3. Narrow down your list to the top 5

Write them here:
