

Life Values Identification



Determining What is Most Important to You

Everyone has a system for making decisions and navigating life. The principles, standards, and beliefs you have about yourself and others create the basis for your values. Your values are what matter most to you. Defining and properly calibrating them is a foundational step in shifting toward living the life you're called to live.

Below are several questions followed by a list of values. Use the values list to get you started and help identify what is most important to you. The list is not exhaustive and you should feel free to add your own. Take the time necessary to thoughtfully consider and answer each of the following questions.

A. Name the person you respect most. What are their core values?

B. Name your best friend and list the 3 qualities you admire most.

C. Name the quality you would most like to have (or have more of) if you could have it instantly.

D. Name three things you hate (e.g. mistreatment of children/animals, nose people, telemarketing calls, etc.).

E. Name three people you dislike most and why?

F. List the personality trait, quality, or personal attribute people compliment you on most. What is your perception of this quality in yourself?

G. List the three most important values you want to pass on to your children.

H. If a high school student came to you and asked which values would give them the best opportunity for success in life, how would you answer and why?

I. If you won the lottery and could retire tomorrow, what values would you continue to hold?

J. What values do you think will still be valid 100 years from now?

K. List the top 10 qualities of the “ideal” man.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

L. List the top 10 qualities of the “ideal” woman.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Go back through all your responses and note any common themes or recurring traits. Consider what you see in others and what others observe in you. Think about what you want for others and what you are willing to fight for or against. Create a list of your 10 most important values (order is not important at this point).

- | | |
|----------|-----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |
| 9. _____ | 10. _____ |

Narrow your list of 10 to your top 5.

1. _____
2. _____
3. _____
4. _____
5. _____

This list of 5 are your core values – what is most important to you and the life you want to live. Now, try to prioritize these 5, from most important to least important. Consider your top 3 to be “non-negotiable.” Understand that all your values are important but some are more important than others. Which values would fight, or even die for?

1. _____
2. _____
3. _____
4. _____
5. _____

The list on the next three pages is to help “prime the pump” of your mind and help you identify particular values and generate those specific to you.

Abundance	Beauty	Concentration	Devoutness
Acceptance	Being the Best	Confidence	Dignity
Accessibility	Belonging	Conformity	Diligence
Accomplishment	Benevolence	Congruency	Direction
Accountability	Bliss	Connection	Directness
Accuracy	Boldness	Consciousness	Discipline
Achievement	Bravery	Conservation	Discovery
Acknowledgement	Brilliance	Consistency	Discretion
Activeness	Calmness	Contentment	Diversity
Adaptability	Candor	Continuity	Dominance
Adoration	Capability	Contribution	Dreaming
Advancement	Care	Control	Drive
Adventure	Carefulness	Conviction	Duty
Affection	Celebrity	Coolness	Eagerness
Affluence	Certainty	Cooperation	Ease
Aggressiveness	Challenge	Cordiality	Economy
Agility	Change	Correctness	Ecstasy
Alertness	Charity	Country	Education
Altruism	Charm	Courage	Effectiveness
Amazement	Chastity	Courtesy	Efficiency
Ambition	Cheerfulness	Craftiness	Elation
Amusement	Clarity	Creativity	Elegance
Anticipation	Cleanliness	Credibility	Empathy
Appreciation	Clear-Mindedness	Cunning	Encouragement
Approachability	Cleverness	Curiosity	Endurance
Approval	Closeness	Daring	Energy
Art	Comfort	Decisiveness	Enjoyment
Assertiveness	Commitment	Deference	Entertainment
Assurance	Community	Delight	Enthusiasm
Attentiveness	Compassion	Dependability	Environmentalism
Attractiveness	Competence	Depth	Ethics
Availability	Competition	Desire	Excellence
Awareness	Completion	Determination	Excitement
Balance	Composure	Devotion	Exhilaration

Expectancy	Generosity	Intellect	Meekness
Expediency	Gentility	Intelligence	Mellowness
Experience	Giving	Intensity	Meticulousness
Expertise	Goals	Intimacy	Mindfulness
Exploration	Grace	Intrepidness	Mission
Expressiveness	Gratitude	Introspection	Modesty
Extravagance	Growth	Introversion	Motivation
Extroversion	Guidance	Intuition	Mysteriousness
Exuberance	Happiness	Intuitiveness	Nature
Fairness	Harmony	Inventiveness	Neatness
Faith	Health	Investing	Nerve
Fame	Heart	Involvement	Nonconformity
Family	Helpfulness	Joy	Obedience
Fascination	Heroism	Judiciousness	Open-mindedness
Fashion	Holiness	Justice	Openness
Fearlessness	Honesty	Keeness	Optimism
Ferocity	Honor	Kindness	Order
Fidelity	Hopefulness	Knowledge	Organization
Fierceness	Hospitality	Leadership	Originality
Financial Stability	Humility	Learning	Outdoors
Firmness	Humor	Liberation	Outlandishness
Fitness	Hygiene	Liberty	Outrageousness
Flexibility	Imagination	Lightness	Partnership
Flow	Impact	Liveliness	Patience
Fluency	Impartiality	Logic	Passion
Focus	Independence	Longevity	Peace
Fortitude	Individuality	Love	Perceptiveness
Frankness	Industry	Loyalty	Perfection
Freedom	Influence	Making a difference	Perkiness
Friendliness	Ingenuity	Marriage	Perseverance
Friendship	Inquisitiveness	Mastery	Persistence
Frugality	Insightfulness	Maturity	Perspective
Fun	Inspiration	Meaning	Persuasiveness
Gallantry	Integrity		Philanthropy

Piety	Reputation	Silence	Timelessness
Playfulness	Resilience	Silliness	Traditionalism
Pleasantness	Resolution	Simplicity	Tranquility
Pleasure	Resolve	Sincerity	Transcendence
Poise	Resourcefulness	Skillfulness	Trust
Popularity	Respect	Solidarity	Trustworthiness
Potency	Responsibility	Solitude	Truth
Power	Rest	Sophistication	Understanding
Practicality	Restraint	Soundness	Unflappability
Pragmatism	Reverence	Speed	Uniqueness
Precision	Richness	Spirit	Unity
Preparedness	Rigor	Spirituality	Usefulness
Presence	Sacredness	Spontaneity	Utility
Pride	Sacrifice	Spunk	Valor
Privacy	Sagacity	Stability	Variety
Proactivity	Saintliness	Status	Victory
Professionalism	Sanguinity	Stealth	Vigor
Prosperity	Satisfaction	Stillness	Virtue
Prudence	Science	Strength	Vision
Punctuality	Security	Structure	Vitality
Purity	Self-control	Success	Vivacity
Purpose	Selflessness	Support	Volunteering
Rationality	Self-reliance	Supremacy	Warmheartedness
Realism	Self-respect	Surprise	Warmth
Reason	Sensitivity	Sympathy	Wealth
Reasonableness	Sensuality	Synergy	Willfulness
Recognition	Serenity	Teaching	Willingness
Recreation	Service	Teamwork	Winning
Refinement	Sex	Temperance	Wisdom
Reflection	Sexiness	Thankfulness	Wittiness
Relaxation	Sexuality	Thoroughness	Wonder
Reliability	Sharing	Thoughtfulness	Worthiness
Relief	Shrewdness	Thrift	Youthfulness
Religiousness	Significance	Tidiness	Zeal