

# Identifying Your Values

Set a timer for 5 minutes and circle all of the words on the next page that resonate with you.

Next, take 10 minutes and write down answers to the following questions. (there are no right answers here. Don't overthink this!)

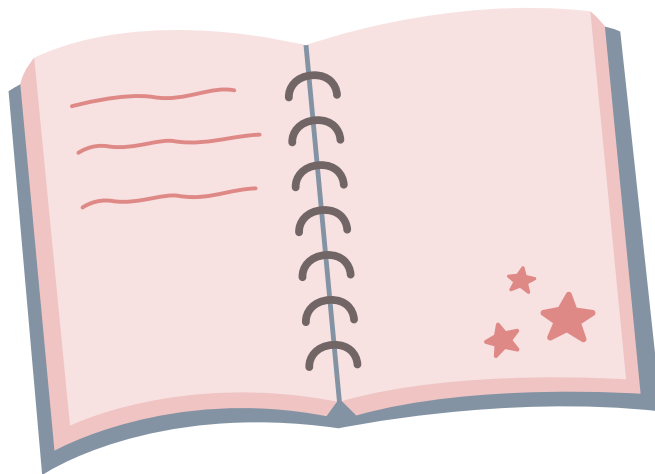
- How would you like to look back on your kids' childhood? What are the memories and feelings that stand out?
- Write down what you'd like to accomplish in your life.
- Imagine your most ideal life. How would you like to spend your days?

Now take another 5 minutes and see how the values you circled connect to your answers to these questions.

Try to narrow down the values you circled to the top 5. These values are the ones that are going to help guide you as you work towards the questions you answered.

There are no right or wrong answers.

And your values may change over time.



Abundance	Ease	Kindness	Perseverance	Service
Aesthetics	Education	Knowledge	Persistence	Simplicity
Acceptance	Effectiveness	Leadership	Philanthropy	Sincerity
Accomplishment	Efficiency	Learning	Power	Spirituality
Achievement	Elegance	Liberty	Practicality	Stability
Adaptability	Empathy	Listening	Pragmatism	Status
Adventure	Energy	Love	Professionalism	Stewardship
Ambition	Entrepreneurship	Loyalty	Profitability	Strength
Authenticity	Equality	Mastery	Prosperity	Success
Balance	Excellence	Mindfulness	Purposefulness	Support
Caring	Excitement	Mutual respect	Prudence	Teachability
Casual	Fairness	Obedience	Punctuality	Teamwork
Charity	Faith	Openness	Quality	Thoughtfulness
Clarity	Fame	Opportunity	Reason	Tolerance
Cheerfulness	Family	Order	Recognition	Tradition
Cleanliness	Fidelity	Originality	Reconciliation	Tranquility
Cleverness	Financial growth	Passion	Relationships	Transparency
Collaboration	Financial security	Patience	Relaxation	Trust
Commitment	Flexibility	Peace	Reliability	Trustworthiness
Community	Forgiveness	Perception	Resourcefulness	Truth
Compassion	Freedom	Hope	Resiliency	Understanding
Competence	Friendship	Humility	Respect	Uniqueness
Competitiveness	Fulfillment	Humor	Responsibility	Unity
Composure	Fun	Independence	Responsiveness	Virtue
Conscientiousness	Generosity	Industriousness	Righteousness	Vitality
Contribution	Gentleness	Influence	Sacrifice	Vulnerability
Cooperation	Gracefulness	Informal	Safety	Willingness
Courage	Growth	Ingenuity	Security	Wisdom
Creativity	Happiness	Initiative	Self-control	Wit
Dedication	Health	Innovation	Self-esteem	Warmth
Democracy	Honesty	Intelligence	Self-sufficiency	Wealth
Determination	Joy	Integrity	Sensitivity	Wholeness
Dependability	Justice	Intimacy	Serenity	Zeal
Dignity				
Diversity				

This is not a complete list.  
Feel free to add any that  
make sense for you.

## Keep In Touch!

Email me at [valerie@strideproductivity.com](mailto:valerie@strideproductivity.com)  
and let me know what your top 5 values are!