

Values Workshop

- Values represent what's important to you.
- By building a life around values we create a life that is satisfying and meaningful to us.
- Our values change over time.
- Your values can be situational.
- Feel free to amend or add to the list below.

Personal leadership is the ongoing process of keeping your vision and values before you and aligning your life to be congruent with those most important things.

STEPHEN R. COVEY

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|-------------------|--------------------|-------------------|---------------------|
| 1. Accomplishment | 24. Discovery | 47. Humor | 70. Resourcefulness |
| 2. Accuracy | 25. Ease | 48. Idealism | 71. Romance |
| 3. Acknowledgment | 26. Effortlessness | 49. Independence | 72. Safety |
| 4. Adventure | 27. Empowerment | 50. Innovation | 73. Self-Esteem |
| 5. Authenticity | 28. Enthusiasm | 51. Integrity | 74. Service |
| 6. Balance | 29. Environment | 52. Intuition | 75. Simplicity |
| 7. Beauty | 30. Excellence | 53. Joy | 76. Spaciousness |
| 8. Boldness | 31. Fairness | 54. Kindness | 77. Spirituality |
| 9. Calm | 32. Family | 55. Learning | 78. Spontaneity |
| 10. Challenge | 33. Flexibility | 56. Listening | 79. Strength |
| 11. Collaboration | 34. Focus | 57. Love | 80. Tact |
| 12. Community | 35. Forgiveness | 58. Loyalty | 81. Thankfulness |
| 13. Compassion | 36. Freedom | 59. Optimism | 82. Tolerance |
| 14. Confidence | 37. Friendship | 60. Orderliness | 83. Tradition |
| 15. Connectedness | 38. Fun | 61. Participation | 84. Trust |
| 16. Contentment | 39. Generosity | 62. Partnership | 85. Understanding |
| 17. Contribution | 40. Gentleness | 63. Passion | 86. Unity |
| 18. Cooperation | 41. Growth | 64. Patience | 87. Vitality |
| 19. Courage | 42. Happiness | 65. Peace | 88. Wisdom |
| 20. Creativity | 43. Harmony | 66. Presence | 89. _____ |
| 21. Curiosity | 44. Health | 67. Productivity | 90. _____ |
| 22. Determination | 45. Helpfulness | 68. Recognition | 91. _____ |
| 23. Directness | 46. Honesty | 69. Respect | 92. _____ |