

## Your Personal Values

Knowing who you are and what your personal values are is integral to living a more whole and empowered life. When you know what is important to You, you are then able to make decisions that enable you to honor your wants and intentions rather than living a pre-programmed life based on what others think we should be, do and have.

1. Read through the list of the following Values and circle all words and phrases that indicate to you as being important to you. You can also add any other values that are not listed as well.

<b>Abundance</b>	<b>Accomplish</b>	<b>Acquire</b>	<b>Adventure</b>
<b>Alert</b>	<b>Alter</b>	<b>Arouse</b>	<b>Articulate</b>
<b>Artistic</b>	<b>Assemble</b>	<b>Assist</b>	<b>Attain</b>
<b>Attentive</b>	<b>Attract</b>	<b>Augment</b>	<b>Awe</b>
<b>Be accepting</b>	<b>Be amused</b>	<b>Be awake</b>	<b>Be aware</b>
<b>Be bonded</b>	<b>Be connected</b>	<b>Be integrated</b>	<b>Be joyful</b>
<b>Be linked</b>	<b>Be passionate</b>	<b>Be present</b>	<b>Be sensitive</b>
<b>Be spiritual</b>	<b>Beauty</b>	<b>Bliss</b>	<b>Bravery</b>
<b>Build</b>	<b>Calm</b>	<b>Capable</b>	<b>Cause</b>
<b>Coach</b>	<b>Comfort</b>	<b>Community</b>	<b>Compassionate</b>
<b>Complete</b>	<b>Conceive</b>	<b>Congruent</b>	<b>Connection</b>
<b>Contentment</b>	<b>Control</b>	<b>Courage</b>	<b>Danger</b>
<b>Dare</b>	<b>Dedication</b>	<b>Delight</b>	<b>Dependable</b>
<b>Design</b>	<b>Detect</b>	<b>Devotion</b>	<b>Direct</b>
<b>Discern</b>	<b>Distinguish</b>	<b>Drama</b>	<b>Dream</b>
<b>Educate</b>	<b>Elegance</b>	<b>Emphasize</b>	<b>Encourage</b>
<b>Endow</b>	<b>Energize</b>	<b>Energy</b>	<b>Energy Flow</b>
<b>Enjoy</b>	<b>Enlighten</b>	<b>Enrol</b>	<b>Entertain</b>
<b>Excellence</b>	<b>Exhilaration</b>	<b>Experiment</b>	<b>Expert</b>
<b>Explain</b>	<b>Facilitate</b>	<b>Family</b>	<b>Foster</b>
<b>Freedom</b>	<b>Fun</b>	<b>Gamble</b>	<b>Glamour</b>
<b>Govern</b>	<b>Grace</b>	<b>Grant</b>	<b>Gratitude</b>
<b>Greatest</b>	<b>Guide</b>	<b>Have fun</b>	<b>Health</b>
<b>Holy</b>	<b>Honest</b>	<b>Honouring</b>	<b>Humour</b>
<b>Imagination</b>	<b>Impact</b>	<b>Improve</b>	<b>In Touch With</b>
<b>Influence</b>	<b>Inform</b>	<b>Ingenuity</b>	<b>Inquisitive</b>
<b>Inspire</b>	<b>Instruct</b>	<b>Integrate</b>	<b>Integrate</b>
<b>Integrity</b>	<b>Invent</b>	<b>Laugh</b>	<b>Learn</b>
<b>Love</b>	<b>Magnificence</b>	<b>Mastery</b>	<b>Minister</b>
<b>Model</b>	<b>Move forward</b>	<b>Observe</b>	<b>Open-minded</b>
<b>Orchestrate</b>	<b>Originality</b>	<b>Outdo</b>	<b>Patient</b>
<b>Peaceful</b>	<b>People</b>	<b>Perceive</b>	<b>Perfect</b>
<b>Persevere</b>	<b>Persuade</b>	<b>Plan</b>	<b>Play Games</b>

<b>Playful</b>	<b>Pleasure</b>	<b>Prepare</b>	<b>Prevail</b>
<b>Provide</b>	<b>Quest</b>	<b>Radiance</b>	<b>Realise</b>
<b>Refine</b>	<b>Respond</b>	<b>Responsible</b>	<b>Risk</b>
<b>Romance</b>	<b>Rule</b>	<b>Satisfied</b>	<b>Score</b>
<b>Security</b>	<b>See</b>	<b>Seek</b>	<b>Sensation</b>
<b>Sense</b>	<b>Sensual</b>	<b>Serenity</b>	<b>Serve</b>
<b>Set Standards</b>	<b>Sincere</b>	<b>Space</b>	<b>Spark</b>
<b>Speculate</b>	<b>Spirit</b>	<b>Spontaneous</b>	<b>Sports</b>
<b>Stimulate</b>	<b>Strengthen</b>	<b>Superiority</b>	<b>Support</b>
<b>Synthesize</b>	<b>Taste</b>	<b>Tenderness</b>	<b>The Unknown</b>
<b>Thoughtful</b>	<b>Thrill</b>	<b>To Catalyse</b>	<b>To Contribute</b>
<b>To Create</b>	<b>To Discover</b>	<b>To Experience</b>	<b>To Feel</b>
<b>To Glow</b>	<b>To Lead</b>	<b>To Nurture</b>	<b>To Relate</b>
<b>To Teach</b>	<b>To Unite</b>	<b>To Win</b>	<b>Touch</b>
<b>Transform</b>	<b>Triumph</b>	<b>Trustworthy</b>	<b>Truth</b>
<b>Turn</b>	<b>Uncover</b>	<b>Understand</b>	<b>Unique</b>
<b>Uplift</b>	<b>Venture</b>	<b>Vulnerable</b>	<b>Wealth</b>

2. Now list down 10 of the most important Values that you circled.

3. Now compare each value with the other by starting at the top of your list and compare 1 with 2 and decide which is more important, then compare the most important with no.3 and then the most important with no.4 etc, until you gone through the whole list of 10.

Place the most important value on another list.

Then go back to the top of the remaining list and do the same process until all the values are prioritised into the new list.

4. Using your top 4 essential Values, create a statement/sentence that encompasses your essential values. This statement/sentence will act as your leading light to guide you closer to what is important to you.