

## My Personal Values Tool

What is truly important to you? What stirs passion in you?  
Let's start with understanding what your personal values are.

*Your Personal Values tool will help...*

1. Integrate who you are.
2. Provide focus.
3. Simplify decision-making processes.
4. Hold you accountable for your decisions and actions.

### Circle the values that you believe are yours

- Authenticity   ➤ Contribution   ➤ Humor   ➤ Status   ➤ Popularity
- Adventure   ➤ Determination   ➤ Community   ➤ Wealth   ➤ Reputation
- Friendships   ➤ Fun   ➤ Autonomy   ➤ Respect   ➤ Optimism
- Beauty   ➤ Influence   ➤ Honesty   ➤ Openness   ➤ Loyalty
- Compassion   ➤ Security   ➤ Justice   ➤ Service   ➤ Learning

**Question 1** – From the values you circled above, which 7 are your most important?

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**Question 2** - From Question 1 listed above, which 3 do you **like most** about you?

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**Question 3** – What areas of your life can you adjust to live out of your values? \_\_\_\_

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**Question 4** – What did you learn? \_\_\_\_\_

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