

Alan's List of Values Worksheet

1.2 Leading With Meaning & Purpose

DIRECTIONS

Go through the list circling or highlighting the values that are most important to you. There are some blank spaces at the end in case you have values that are not on this list. Then try to whittle it down to five. Ask yourself, "Which values might rollup or fall under one value?" Save it for the final activity when you will identify and clarify your final, 3-5 core values.

Accountability	Dignity	Independence	Safety
Achievement/Success	Diversity	Initiative	Security
Adaptability	Efficiency	Integrity	Self-discipline
Adventure	Empathy	Joy	Self-expression
Altruism	Equality	Justice	Service
Ambition	Excellence/Quality	Kindness	Simplicity
Authenticity	Fairness	Knowledge	Spirituality/Faith
Autonomy	Family	Leadership	Stewardship
Balance	Forgiveness	Learning	Strength
Beauty	Freedom	Legacy	Teamwork
Belonging	Friendship	Love	Tradition
Career	Fulfillment	Loyalty	Trust
Caring	Fun	Making a difference	Truth
Collaboration	Generosity	Nature	Understanding
Commitment	Giving back	Openness	Uniqueness
Communication	Grace	Optimism	Usefulness
Community	Gratitude	Order	Variety
Compassion	Growth/Development	Patience	Vision
Competence	Harmony	Peace/Serenity	Wealth
Confidence	Health	Perseverance	Well-being
Connection	Home	Power	Wisdom
Contribution	Honesty	Prosperity/Wealth	Write your own:
Courage	Hope	Reliability	_____
Creativity	Humility	Respect	_____
Curiosity	Humor	Responsibility	_____
Dependability	Inclusion	Risk -taking	_____

