



First Expedition: Personal Values

A DEEPER INTROSPECTIVE

Values are the principles that you live by, the things that motivate and guide you. However, they are not static, not something we're born with and never change. While some may be intrinsic to Who we are and what our Ultimate Purpose is, most are adopted or developed throughout our lives in response to our experiences and our needs and our goals. Values also often shift in their rank of importance over time. Periodically identifying our most prevalent values allows us the power to call on specific ones to support us in any moment.

INSTRUCTIONS: Review the list of Values below, considering what is important to you. Select all that pop out at you. If you don't find one in the list, simply write it in as an "Other".

Accomplishment	Emotional Health	Justice	Romance
Abundance	Environment	Leadership	Security
Achievement	Excellence	Learning	Self-Care
Adventure	Family	Leisure	Self-Expression
Altruism	Flexibility	Loyalty	Self-Mastery
Autonomy	Freedom	Mindfulness	Self-Realization
Balance	Friendship	Nature	Sensuality
Beauty	Fulfillment	Openness	Service
Belonging	Fun	Orderliness	Spirituality
Clarity	Harmony	Partnership	Trust
Commitment	Health	Peace	Truth
Communication	Holistic Living	Personal Growth	Variety
Community	Honesty	Physical Appearance	Vitality
Competition	Humor	Power	Wisdom
Connecting to Others	Independence	Privacy	Other: _____
Control	Influence	Professionalism	Other: _____
Cooperation	Integrity	Recognition	Other: _____
Creativity	Intimacy	Relaxation	Other: _____
Curiosity	Joy	Respect	Other: _____

Consider the following questions:

- Think about situations where you felt angry or hurt. What was it about the situation that made you feel angry or hurt? What value(s) was being trampled or neglected? *Ex: "I was angry because it wasn't fair," may reflect a Value of Justice.*
- Think about situations where you felt 'on top of the world', successful, or passionate about what you were doing. What was it about the situation that made you feel 'on top of the world', successful, or passionate? What value(s) was being honored or tapped into? *Ex: "Because I was able to create my own solution," may reflect a Value of Creativity or Freedom.*

For any additional Values that you identify, mark them above.

The goal at this point is to have selected at least ten values. If you have less than ten, keep working! *How would someone close to you describe what's important to you?*