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| **Values Identification** |

As you read over the list on the following page, ask yourself the question, “What is important to me?” You will read over the list three times and do the following:

* On the first pass, place a dot beside all that resonate with you.
* On the second pass: review those words with a dot beside them, place a checkmark beside the 10 that are the most important for you.
* Finally, on the third pass: review those words with a check mark, circle the 3-4 that are the most important for you.

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| 1. Accomplishment 2. Accuracy 3. Acknowledgement 4. Adventure 5. Authenticity 6. Balance 7. Beauty 8. Boldness 9. Calm 10. Challenge 11. Collaboration 12. Community 13. Compassion 14. Comradeship 15. Confidence 16. Connectedness 17. Contentment 18. Contribution 19. Cooperation 20. Courage 21. Creativity 22. Curiosity 23. Determination 24. Directness 25. Discovery 26. Ease 27. Effortlessness 28. Empowerment 29. Enthusiasm 30. Environment 31. Excellence 32. Fairness 33. Flexibility | 1. Focus 2. Forgiveness 3. Freedom 4. Friendship 5. Fun 6. Generosity 7. Gentleness 8. Groundedness 9. Growth 10. Happiness 11. Harmony 12. Health 13. Helpfulness 14. Honesty 15. Honour 16. Humour 17. Idealism 18. Independence 19. Innovation 20. Integrity 21. Intuition 22. Joy 23. Kindness 24. Learning 25. Listening 26. Love 27. Loyalty 28. Optimism 29. Orderliness 30. Participation 31. Partnership 32. Passion 33. Patience | 1. Peace 2. Presence 3. Productivity 4. Recognition 5. Respect 6. Resourcefulness 7. Romance 8. Safety 9. Self-Esteem 10. Service 11. Simplicity 12. Spirituality 13. Spontaneity 14. Strength 15. Tact 16. Thankfulness 17. Tolerance 18. Tradition 19. Trust 20. Understanding 21. Unity 22. Vitality 23. Wisdom 24. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 25. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 26. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

* Write those 3-4 below (no particular order).