



List your top 10 values that matter most

Rank from 1-10 How do you "think or feel" about your top values

Rank from 1-10 How are you acting on your top values "Your Behaviors"

- Accomplishment
- Abundance
- Achievement
- Adventure
- Altruism
- Autonomy
- Beauty
- Clarity
- Commitment
- Communication
- Community
- Connecting to Others
- Creativity
- Emotional Health
- Environment
- Excellence
- Family
- Flexibility
- Freedom
- Friendship
- Fulfillment
- Fun
- Holistic Living
- Honesty
- Humor
- Integrity
- Intimacy
- Joy
- Leadership
- Loyalty
- Nature
- Openness
- Orderliness
- Personal Growth
- Partnership
- Physical Appearance
- Power
- Privacy
- Professionalism
- Recognition
- Respect
- Romance
- Security
- Self-Care
- Self-Expression
- Self-Mastery
- Self-Realization
- Sensuality
- Service
- Spirituality
- Trust
- Truth
- Vitality
- Walking the Talk

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- What insights do you have?
  
- Can you think of recent examples of how you are living your values?
  
- How would your life change if you were to live out these values more fully?