

1) Read through this list of values:

risk	taking a gamble	experimenting
speculation	daring	adventure
attractiveness	grace	radiance
poise	control	advocacy
helping others	encouragement	music
love	caring	personal warmth
physical touch	energy	coaching
influence	stimulating change	emotions
happiness	being present	sensing
being observant	being perceptive	holiness
religion	guiding others	governing
strength	creating alignment	building
inspiration	development	imagination
touch	discernment	wholeness
legacy	laughing	rules
modelling	empathy	security
sensuality	amusement	learning
serving	facilitating	ministering
growing	supporting	connecting

entertaining	entertainment	being an example
directing	excellence	play
being the best	family	friends
bondedness	sensitivity	teaching
accomplishment	winning	being godly
passion	devotion	independence
financial stability	integrity	honesty
vulnerability	intimacy	

2) *Mark the characteristics that you consider to be very important. Think about the things that you do that make you feel vibrant, relevant, alive and fully present. What is the value that is revealed?*

3) *Add any other values that come to mind.*

4) *Review the list a second time. Narrow your list of values by circling the top ten.*

5) *On the following pages, write down your top ten most deeply-held values. You can use one-word descriptions or group words together to create short phrases. Keep the list as short as possible, focussing only on the most significant and relevant values.*

A series of horizontal dashed lines for writing.