



Values Clarification Exercise*

Your Gifts + your Passion + your **Values**= your Purpose

Values help define who you are and what you stand for. Your values are not something that you can just cross off or achieve, instead, they are something that you continuously aim to live and move towards. Along with your gifts and your passion, they help to provide the container for your purpose. When you are utilizing your gifts and doing something you love that aligns with your values, you are on purpose.

This exercise will help you get clear on your values so you can use them as a guidepost moving forward.

1. Look at the list on the following page. Highlight or circle every core value that resonates with you. Don't overthink it – if it feels like you, circle it. If there is a value that you possess or resonate with that isn't on the list, write it in.
2. Next, group the values in a way that makes sense to you. For example by theme or similarity. Create a maximum of five groups. If you have more than that, drop the least important ones.
3. Circle or highlight the one word within each group that represents the label for the entire group. There are no wrong answers!
4. Add a verb to each value label so it becomes actionable. For example:
 - a. Live in freedom
 - b. Seek opportunities to make a difference
 - c. Act with mindfulness
5. Lastly, post your core values where you see them when faced with decisions. Use these values as your daily mantra. Post them in your planner, on a post-it on your computer or make a background with them for your cell phone screen or desktop!

With your core values as your guide, you live more authentically and aligned with your true essence and purpose.

Abundance	Directness	Leadership	Stewardship
Acceptance	Empowerment	Learning	Success
Accountability	Environment	Legacy	Teamwork
Accomplishment	Efficiency	Leisure	Thrift
Achievement	Equality	Love	Time
Acknowledgement	Ethics	Loyalty	Tradition
Adventure	Excellence	Making a difference	Travel
Advocacy	Fairness	Nature	Trust
Altruism	Faith	Nurturing	Truth
Ambition	Family	Openness	Understanding
Appreciation	Financial Stability	Optimism	Uniqueness
Attractiveness	Forgiveness	Order	Usefulness
Autonomy	Freedom	Parenting	Vision
Authenticity	Friendship	Patience	Vulnerability
Balance	Fun	Patriotism	Wealth
Beauty	Future generations	Participation	Well-being
Being the best	Generosity	Peace	Wholeheartedness
Belonging	Giving back	Perseverance	Wisdom
Benevolence	Grace	Personal fulfillment	
Boldness	Gratitude	Power	Write your own:
Brilliance	Growth	Pride	_____
Career	Harmony	Productivity	_____
Caring	Health	Recognition	_____
Collaboration	Home	Reliability	_____
Commitment	Honesty	Resourcefulness	_____
Community	Hope	Respect	
Compassion	Humility	Responsibility	
Competence	Humor	Risk-taking	
Confidence	Inclusion	Safety	
Connection	Independence	Security	
Contentment	Initiative	Self-discipline	
Contribution	Integrity	Self-expression	
Cooperation	Intuition	Self-respect	
Courage	Job Security	Serenity	
Creativity	Joy	Service	
Curiosity	Justice	Simplicity	
Dignity	Kindness	Spirituality	
Diversity	Knowledge	Sportsmanship	