

# Value Exercise Cards

## Instructions:

**Step 1:** Quickly separate your list into two categories. Place a circle around “Most Important Values” – Category A. Then, strike through your “Less Important” values – Category B.

**Step 2:** Take your choices from Category A and reduce them down to your Top 10 Most Important Values.

**Step 3:** Now, reduce your Top 10 Values to your Top 5 Values.

**Step 4:** For fun, reduce your Top 5 Values down to your Top 3 Values.

## List of Values with Descriptions

- **Structure** — *Formality, processes, and systems*
- **Balance** — *Balancing time and effort between work, home, and hobbies*
- **Wisdom** — *Having deep understanding, insight, and knowledge; the ability to make good judgments*
- **Trust** — *Firm reliance on the integrity, ability or character of a person or thing*
- **Family** — *Being with family, both quality and quantity of time*
- **Fun** — *Playfulness, ability to laugh and express humor, joking*
- **Change** — *Looking forward to and valuing change, continuous improvement, doing things differently*
- **Integrity** — *Words and deeds match up. I am who I am, no matter where I am or who I am with*
- **Faith\Religion** — *Belief in a higher power*
- **Teamwork** — *Cooperative effort by a group or team*
- **Loyalty** — *Faithful to a person, an ideal, a custom, a cause, or a duty*
- **Quality** — *A standard of excellence*
- **Creativity\Innovation** — *Thinking outside the box; trying new ways of accomplishing a goal*
- **Efficiency** — *Producing results in a timely manner with minimal waste, expense, or unnecessary effort*
- **Legacy** — *Making a difference today with tomorrow in mind, succession*
- **Knowledge** — *Subject matter expert, educated via experience or study*
- **Competence** — *Possessing the skill, knowledge, and ability to effectively perform*
- **Growth** — *Investing in lifelong learning, personal development, self — education*
- **Recognition** — *giving and receiving acknowledgement for achievements*
- **Authority** — *Possessing power over decisions, people, assets*
- **Passion** — *Intense emotional excitement, boundless enthusiasm*
- **Achievement** — *Aspires to the highest levels of excellence*
- **Status** — *Holding a position of importance, high standing, or prestige*
- **Effectiveness** — *Executing with precision to achieve results*
- **Customer Satisfaction** — *Achieving excellence in customer satisfaction*
- **Simplicity** — *Lack of complexity or complication*
- **Independence** — *Free from the influence, guidance, or control of others*
- **Diversity** — *Respecting a variety of cultures/lifestyles*
- **Volunteerism\Service** — *Serving the community, non-profit organizations*
- **Accountable** — *Takes responsibility for both actions and outcomes*
- **Commitment** — *Being bound emotionally or intellectually to a course of action, dedication*
- **Fitness** — *Being physically fit; optimal well — being*
- **Money\Wealth** — *An abundance of valuable material possessions, riches*
- **Perfection** — *Reaches the highest attainable standard, details*
- **Urgency** — *Fast paced, swift, action oriented*
- **Fairness** — *Treating people and being treated equally*
- **Courage** — *The willingness to take calculated risks and step outside of one’s comfort zone*
- **Honesty** — *Being truthful, sincere*