

PERSONAL VALUES CHECKLIST

Step 1: Print the following personal values checklist

Step 2: Highlight up to 15 to 20 values listed below which are the most important in your life.
• For those that are less important to you leave them blank.

Step 3: Of the highlighted values, now circle the values which you couldn't live without.
• These are you most highly held values.
• Aim for 3 to 5 only.

Abundance	Diversity	Humanity	Reliability
Acceptance	Duty	Humility	Resilience
Accomplishment	Effort	Humour	Respect
Achievement	Elegance	Independence	Responsibility
Adventure	Enthusiasm	Integrity	Risk taking
Authenticity	Equality	Joy	Security
Beauty	Excellence	Kindness	Self-expression
Caring	Fairness	Love	Sensitivity
Challenge	Faith	Loyalty	Service
Commitment	Family	Openness	Sincerity
Common sense	Focus	Optimism	Space
Community	Frankness	Orderliness	Spirituality
Compromise	Free spirit	Originality	Success
Connection	Freedom	Participation	Tolerance
Creativity	Friendship	Patience	Tradition
Curiosity	Fun	Peace	Truth
Dedication	Growth	Perfection	Understanding
Dependability	Harmony	Persistence	Vitality
Dignity	Honesty	Realism	Zest

MY PERSONAL VALUES

 = My values

 = I can't live without

Abundance	Diversity	Humanity	Reliability
Acceptance	Duty	Humility	Resilience
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