



Quick Guide

for

Identifying

Your

Personal

Values



If you want to be guided by your values, you first need to clearly identify them. With Personal Values you can quickly articulate, you will have a valuable tool for decision-making. You can use these Personal Values when evaluating new opportunities or when considering what you may need to reevaluate. Imagine adding values-based intentions as a lens for evaluating your time and energy allocation. Simply follow these 5 simple steps.

Step 1 Review the list of 72 Personal Values organized into 12 clusters. The Personal Value in the circle center is also the cluster label but all six are Personal Values.

Step 2 Highlight and/or underline 20 Personal Values from the 72 that fit you. Feel free to add one if you know something essential is not in the list of 72.

Step 3 Review the 20 Personal Values you selected and narrow your list by circling 6-8 that fit you best. If you have overlap in a cluster this may help you with the narrowing since the cluster represents different expressions of similar values.

- ❑ When narrowing, consider times when you have been deeply hurt or very angry. This may be because a Personal Value has been violated.
- ❑ Also consider the peak experiences you've enjoyed. What Personal Value were you expressing?

Step 4 Review the 6-8 Personal Values and narrow your list to only FOUR. Your final Personal Values may be distributed in four different clusters or concentrated in two or three. You are the decider. Refrain from judging yourself and work to honor your most authentic self.

Step 5 Embrace your FOUR Personal Values. Create a tangible guide for future decision-making.

- ❑ Commit to choosing goals and commitments that most easily allow you to live fully into these Personal Values.
- ❑ Identify feelings and behaviors you notice in yourself when you are engaged in activities that allow you to express your Personal Values.
- ❑ Identify feelings and behaviors you notice in yourself when you lose sight of these Personal Values.
- ❑ Monitor these behaviors and feelings as you continually adjust to find the desired balance and harmony for your life, knowing that this is an ever changing, dynamic process.
- ❑ Use YOUR reflections from this 5th Step to guide YOU when you set goals and expectations for yourself, and make commitments to others!

ADVENTURE

Freedom
Experiment
Risk
Quest
Exhilaration

ACCOMPLISHMENT

Competence
Drive
Influence
Wealth
Winning

BEAUTY

Refinement
Elegance
Energy
Poise
Grace

CONTRIBUTION

Provide
Facilitate
Serve
Catalyze
Assist

CREATIVITY

Imagination
Uniqueness
Openness
Curiosity
Intuitive

INTEGRITY

Dependability
Trust
Honesty
Responsibility
Commitment

ORDER

Structure
Accuracy
Justice
Moderation
Security

PLEASURE

Fun
Amusement
Sensual
Spontaneous
Enthusiasm

REASON

Common Sense
Knowledge
Logic
Wisdom
Expertise

SPIRITUALITY

Loyalty
Tolerance
Devotion
Altruism
Consciousness

FACILITATION

Inspire
Instruct
Discovery
Encourage
Stimulate

CONNECTION

Empathy
Cooperation
Family
Peacemaking
Generosity