

Your values serve as guiding principles that reflect what holds significance in your life. Understanding your values provides insight into your sources of motivation, enjoyment, inspiration, and areas where you seek growth. Aligning your life with these values cultivates a sense of fulfillment and purpose.

Values evolve with self-awareness, resonate deeply with your authentic self, and will come naturally to you. They represent not just ideals you admire but what you prioritize, define success by, aspire to be known for, and are willing to pursue passionately.

If you were to select only three to five values from this list, which would you prioritize?

			-	•
Accomplishment		Forgiveness		Peace
Accountability	٦	Freedom	$\tilde{\Box}$	Perseverance
Achievement	آ	Friendship		Presence
Adaptability	5	Fun		Productivity
Adventure	٦	Generosity	$\tilde{\Box}$	Recognition
Authenticity	٦	Gentleness	$\tilde{\Box}$	Relationships
Balance	آ	Gratitude	Ŏ	Respect
Beauty	آ	Growth	$\tilde{\Box}$	Resourcefulness
Boldness	آ	Happiness	$\tilde{\Box}$	Responsibility
Calm	آ	Harmony	$\tilde{\Box}$	Safety
Collaboration	آ	Health	$\tilde{\Box}$	Self-Care
Commitment	آ	Helpfulness	$\tilde{\Box}$	Self-Discipline
Communication	آ	Honesty	$\tilde{\Box}$	Self-Esteem
Community	٦	Humility		Self-Improvement
Compassion	آ	Humor		Service
Confidence	آ	Independence		Simplicity
Connectedness	آ	Innovation		Spirituality
Contentment	آ	Integrity		Spontaneity
Contribution	٦	Intuition	$\tilde{\Box}$	Strength
Cooperation	٦	Joy	$\tilde{\Box}$	Teamwork
Courage	٦	Kindness	$\tilde{\Box}$	Thankfulness
Creativity	آ	Learning		Tradition
Curiosity	٦	Leadership	$\tilde{\Box}$	Trust
Determination	آ	Listening		Truth
Discovery)	Love		Unity
Education)	Loyalty		Vitality
Empathy	آ	Ministry		Wealth
Empowerment	5	Optimism		Wisdom
Excellence	5	Orderliness		
Fairness	5	Participation	$\overline{\bigcirc}$	
Family	5	Partnership	$\overline{\bigcirc}$	
Flexibility	5	Passion	$\overline{\bigcirc}$	
Focus	5	Patience	$\bar{\cap}$	

"Your beliefs become your thoughts; your thoughts become your words; your words become your actions; your actions become your habits; your habits become your values; your values become your destiny." - Mahatma Gandhi

