

Self-Affirmation of Values

Read the following list of common values. Which ones matter most to you? Which do you most naturally use to guide your choices and actions in the world? Pick your top three. If something comes to mind that is not on this list, write it down.

Choose one of your top values and write about it for 5 minutes. Describe why this value is important to you, and, optionally, a time in your life when you had the opportunity to really express this value.

Acceptance	Family	Meaningful Work
Accountability	Freedom	Mindfulness
Adventure	Friendship	Openness
Beauty	Fun	Peace/Non-Violence
Challenge	Generosity	Personal Growth
Collaboration	Gratitude	Positive Influence
Cooperation	Happiness	Practicality
Commitment	Hard Work	Problem-Solving
Community	Harmony	Reliability
Compassion	Health	Resourcefulness
Competence	Helping Others	Self-Care
Courage	Honesty	Self-Reliance
Curiosity	Honor	Simplicity/Thrift
Creativity	Humor	Strength ^[1] _[SEP]
Discipline	Independence	Tradition
Discovery	Inner Calm	Trust
Efficiency	Innovation	Willingness
Enthusiasm	Integrity	Wisdom
Environment	Interdependence	
Equality	Joy	
Ethical action	Leadership	
Excellence	Lifelong Learning	
Fairness	Love	
Faith/Religion	Loyalty	