

# “Be True To You” True Values Worksheet

## True Values Exercise, a Values Discovery Process:

1. Look through the list of values on the back of this worksheet and circle the words that most influence your day to day choices and resonate with you. These words represent your guiding principles, standards and beliefs.

2: Review the values you’ve circled, no need to discard any of your choices. Imagine you are now in the middle of a difficult situation, or a wake-up call. It is time to get focused and prioritize your most important values. Narrow your list to 6 True Values.

If you have values that are closely aligned or similar, you can group them into one box and select one title to represent the entire group. (For Example: Integrity, Honesty and Ethical = Integrity)

3: Now rank your 6 True Values in order of significance, again you are not discarding any values, you are determining what rises to the top. The reason you are prioritizing your values is to prepare you for difficult decisions. Tough decisions are best made when we are aligned to our True Values.

Do not over think the process; continue to let your core guide your choices. I encourage you to continue to reflect on your True Values.

4. Post your True Values someplace where you will see them daily to help you stay true to who you are and let your values guide your choices.

My True Values	Priority/Rank

Abundance  
Acceptance  
Accomplishment  
Accountability  
Achievement  
Adventure  
Alignment  
Altruism  
Authenticity  
Beauty  
Challenge  
Charity  
Cleanliness  
Collaboration  
Community  
Compassion  
Connection  
Consciousness  
Consideration  
Contentment  
Contribution  
Cooperation  
Courage  
Creativity  
Decisiveness  
Delight  
Dependability  
Dignity  
Direct  
Discipline  
Discovery  
Diversity  
Economic Security  
Education  
Effectiveness  
Elegance  
Emotional Well-being  
Empathy  
Encouragement  
Energy  
Enlightenment  
Entertainment  
Environment  
Equality  
Ethics/Ethical  
Excellence  
Experience  
Experiment  
Expertise  
Fairness

Faith  
Fame  
Family  
Feeling good  
Fitness  
Freedom  
Friendship  
Fun  
Generosity  
Global View  
Grace  
Gratitude  
Happiness  
Harmony  
Health  
Honesty  
Honor  
Hope  
Humility  
Imagination  
Improvement  
Independence  
Influence  
Information  
Inner peace  
Innovation  
Inspiration  
Instruction  
Integrity  
Intelligence  
Inventiveness  
Joy  
Justice  
Kindness  
Knowledge  
Laughter  
Leadership  
Learning  
Love  
Loyalty  
Magnificence  
Mastery  
Nobility  
Nurturance  
Observation  
Order  
Organization  
Openness  
Originality  
Patriotism

Peacefulness  
Perception  
Personal Development  
Play  
Pleasure  
Positive attitude  
Power  
Preparation  
Presence  
Proficiency  
Provider  
Quest  
Recognition  
Relationships  
Relaxation  
Reliability  
Religious/Religion  
Respect  
Responsibility  
Results Oriented  
Risk  
Safety  
Self-awareness  
Self-worth  
Sensuality  
Service  
Simplicity  
Spirituality  
Stability  
Stimulation  
Strength  
Success  
Superiority  
Support  
Teaching  
Teamwork  
Tenderness  
Touch  
Tolerance  
Tradition  
Tranquility  
Trust  
Truthfulness  
Unity  
Victory  
Vision  
Wealth  
Wisdom  
Work Ethic  
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