

# MY CORE VALUES

When selecting your values, ask yourself the following questions:

- Does this define me?
- Is this who I am at my best?
- Is this a filter that I use to make hard decisions?

Value 1:

**Love**

1. What are one or two behaviors that support your value?

**Sacrifice**

**Respect**

2. What are one or two slippery behaviors that are outside your value?

**Avoidance**

**Fear**

3. What's an example of a time when you were fully living this value?

**Return to Iowa**

**Reaching out to old friends**

Value 2:

**Achievement**

1. What are one or two behaviors that support your value?

**Clear Goals**

**Discipline**

2. What are one or two slippery behaviors that are outside your value?

**Procrastination**

**Avoid challenging tasks.**

3. What's an example of a time when you were fully living this value?

**Training for triathlon**

**Asking others for help**

Knowledge	Friendships	Citizenship	Poise	Authenticity
Leadership	Fun	Community	Popularity	Achievement
Learning	Growth	Competency	Recognition	Adventure
Love	Happiness	Contribution	Religion	Authority
Loyalty	Honesty	Creativity	Reputation	Autonomy
Meaningful Work	Humor	Curiosity	Respect	Balance
Openness	Influence	Determination	Responsibility	Beauty
Optimism	Inner Harmony	Fairness	Security	Boldness
Peace	Justice	Faith	Self-Respect	Compassion
Pleasure	Kindness	Fame	Service	Challenge
Spirituality	Status	Wisdom	Stability	Wealth
	Trustworthiness		Success	