



Follow Your Bliss

WHAT DO YOU VALUE?

Sometimes we forget what is really important to us when we want to make sure we are doing the right thing and pleasing others. A good way to rediscover the SELF is to list what you value.



Circle your values on this list. Pick your **top five** and rank them 1–5.

- | | | |
|---------------------------------------|---------------------------------------|---|
| ☐ Achievement | ☐ Adventure | ☐ Authority |
| ☐ Accountability | ☐ Ambition | ☐ Authenticity |
| ☐ Autonomy | ☐ Balance | ☐ Beauty |
| ☐ Belonging | ☐ Boldness | ☐ Compassion |
| ☐ Challenge | ☐ Caring | ☐ Commitment |
| ☐ Cooperation | ☐ Collaboration | ☐ Competency |
| ☐ Citizenship | ☐ Community | ☐ Curiosity |
| ☐ Contribution | ☐ Creativity | ☐ Confidence |
| ☐ Courage | ☐ Contentment | ☐ Diversity |
| ☐ Connection | ☐ Cooperation | ☐ Fairness |
| ☐ Determination | ☐ Equality | ☐ Financial Stability |
| ☐ Faith | ☐ Family | ☐ Friendships |
| ☐ Freedom | ☐ Fame | ☐ Happiness |
| ☐ Fun | ☐ Generosity | ☐ Integrity |
| ☐ Growth | ☐ Harmony | ☐ Knowledge |
| ☐ Honesty | ☐ Home | ☐ Love |
| ☐ Humor | ☐ Health | ☐ Nature |
| ☐ Independence | ☐ Intuition | ☐ Pleasure |
| ☐ Justice | ☐ Kindness | ☐ Recognition |
| ☐ Leadership | ☐ Learning | ☐ Reputation |
| ☐ Loyalty | ☐ Meaningful Work | ☐ Security |
| ☐ Optimism | ☐ Peace | ☐ Self-discipline |
| ☐ Patience | ☐ Power | ☐ Stability |
| ☐ Poise | ☐ Popularity | ☐ Time |
| ☐ Reliability | ☐ Religion | ☐ Truth |
| ☐ Respect | ☐ Responsibility | ☐ Wisdom |
| ☐ Self-Respect | ☐ Self-expression | |
| ☐ Service | ☐ Spirituality | |
| ☐ Success | ☐ Status | |
| ☐ Trustworthiness | ☐ Travel | |
| ☐ Vulnerability | ☐ Wealth | |
| ☐ Openness | | |



MY TOP FIVE VALUES

1. _____ 2. _____ 3. _____ 4. _____ 5. _____



Others: _____

