

LIST OF VALUES



YOU ARE THE ONLY EXPERT ON YOU IDENTIFY WHAT YOU THINK YOUR VALUES ARE

instructions: Mark values you strongly identify with a check

- | | | | |
|---|--------------------------------------|---------------------------------------|--|
| <input type="checkbox"/> achievement | <input type="checkbox"/> diversity | <input type="checkbox"/> impact | <input type="checkbox"/> order |
| <input type="checkbox"/> adaptability | <input type="checkbox"/> efficiency | <input type="checkbox"/> inclusion | <input type="checkbox"/> peace |
| <input type="checkbox"/> adventure | <input type="checkbox"/> empathy | <input type="checkbox"/> independence | <input type="checkbox"/> perseverance |
| <input type="checkbox"/> advocacy | <input type="checkbox"/> equality | <input type="checkbox"/> influence | <input type="checkbox"/> power |
| <input type="checkbox"/> authenticity | <input type="checkbox"/> ethics | <input type="checkbox"/> initiative | <input type="checkbox"/> patience |
| <input type="checkbox"/> autonomy | <input type="checkbox"/> excitement | <input type="checkbox"/> influence | <input type="checkbox"/> reliability |
| <input type="checkbox"/> beauty | <input type="checkbox"/> exploration | <input type="checkbox"/> integrity | <input type="checkbox"/> resilience |
| <input type="checkbox"/> being the best | <input type="checkbox"/> expression | <input type="checkbox"/> intuition | <input type="checkbox"/> resourcefulness |
| <input type="checkbox"/> belonging | <input type="checkbox"/> fairness | <input type="checkbox"/> joy | <input type="checkbox"/> respect |
| <input type="checkbox"/> challenge | <input type="checkbox"/> fun | <input type="checkbox"/> kindness | <input type="checkbox"/> service |
| <input type="checkbox"/> collaboration | <input type="checkbox"/> generosity | <input type="checkbox"/> knowledge | <input type="checkbox"/> security |
| <input type="checkbox"/> comfort | <input type="checkbox"/> grace | <input type="checkbox"/> leadership | <input type="checkbox"/> simplicity |
| <input type="checkbox"/> commitment | <input type="checkbox"/> gratitude | <input type="checkbox"/> learning | <input type="checkbox"/> spirituality |
| <input type="checkbox"/> community | <input type="checkbox"/> growth | <input type="checkbox"/> legacy | <input type="checkbox"/> strength |
| <input type="checkbox"/> connection | <input type="checkbox"/> harmony | <input type="checkbox"/> love | <input type="checkbox"/> travel |
| <input type="checkbox"/> contentment | <input type="checkbox"/> health | <input type="checkbox"/> loyalty | <input type="checkbox"/> tribe |
| <input type="checkbox"/> contribution | <input type="checkbox"/> home | <input type="checkbox"/> mastery | <input type="checkbox"/> trust |
| <input type="checkbox"/> courage | <input type="checkbox"/> humor | <input type="checkbox"/> nature | <input type="checkbox"/> vulnerability |
| <input type="checkbox"/> creativity | <input type="checkbox"/> imagination | <input type="checkbox"/> openness | <input type="checkbox"/> well-being |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

*wealth, status, popularity, recognition, etc. aren't on here. They're examples of extrinsic motivators (external sources like rewards or punishments), and they aren't sustainable sources of motivation. The only truly effective means of motivation is intrinsic (internal).

If you strongly identify with extrinsic motivators, ask yourself why they motivate you? What is your end goal? Instead of wealth, are you actually seeking financial freedom? Instead of recognition, are you really looking for gratitude? You get the picture.