

A List of Personal Values

Achievement

Helping Other People

Adventure

Honesty

Affection

Independence

Challenging Problems

Inner Harmony

Change

Knowledge

Close Relationships

Loyalty

Community

Meaningful Work

Creativity

Money

Decisiveness

Nature

Efficiency

Personal Development

Excitement

Freedom

Friendships

Pleasure

Growth

Privacy

Having a Family

Purity

Integrity

Quality Relationships

Recognition

Self-Respect

Religion

Serenity

Reputation

Stability

**Responsibility &
Accountability**

Status

Security

Truth

Wisdom

Now, that you have explored your values, please take a moment to consider the **ACTIONS** or **EMOTIONS** that accompany these values. What behaviors or activities are congruent or representative of your values, and how do you feel when you are engaging in these values.

Then, you can spend some time identifying which behaviors or thoughts are troubling for you which cause you to engage in behaviors or experience emotions which are **NOT** congruent with (in service of) your values. Use the next page to complete a grid to organize this work.

When you are able to identify these, little by little, you can take back control and begin shaping your desired behavior, thoughts, and feelings- what you **DO** want, rather than building a life centered on what you don't want, and trying to escape difficult emotions or troublesome behaviors.

Values:

