

## Evolving Values

Review the list of Values on p.2.

Select 3 values that were **important to you in the past, but no longer mean as much to you.**

Select 3 values that were **important to you in the past and continue to be very important to you today.**

Select 3 values that were **not so important to you in the past but are becoming increasingly important to you now.**

### Reflect

What does it look like to deprioritize or let go of the values that no longer mean as much? What feelings come up around this?

How might I evolve the way I live out those values that continue to be important? How might they show up differently?

How can I honor and live out the values that are growing in importance for me? What does this make possible?

## Values List

|                 |                     |                      |                 |
|-----------------|---------------------|----------------------|-----------------|
| Abundance       | Consideration       | Honesty              | Popularity      |
| Acceptance      | Consistency         | Humility             | Positivity      |
| Accountability  | Continuous learning | Humor                | Power           |
| Accuracy        | Contribution        | Imagination          | Preparedness    |
| Achievement     | Cooperation         | Impressing people    | Proactivity     |
| Advancement     | Courage             | Improving things     | Professionalism |
| Adventure       | Creativity          | Inclusiveness        | Punctuality     |
| Advocacy        | Credibility         | Independence         | Quality         |
| Altruism        | Curiosity           | Individuality        | Recognition     |
| Ambition        | Daring              | Influencing people   | Relationships   |
| Appreciation    | Decisiveness        | Innovation           | Resilience      |
| Approachability | Dedication          | Inspiration          | Resourcefulness |
| Assertion       | Dependability       | Integrity            | Respect         |
| Attractiveness  | Determination       | Intelligence         | Responsibility  |
| Authenticity    | Diversity           | Intuition            | Risk-Taking     |
| Autonomy        | Ease                | Joy                  | Safety          |
| Balance         | Education           | Justice              | Security        |
| Beauty          | Efficiency          | Kindness             | Self-awareness  |
| Being good      | Empathy             | Knowledge            | Self-control    |
| Being liked     | Encouragement       | Leadership           | Self-respect    |
| Being right     | Enthusiasm          | Leisure              | Selflessness    |
| Being admired   | Entrepreneurship    | Listening            | Service         |
| Being special   | Equality            | Longevity            | Simplicity      |
| Being the best  | Ethics              | Love                 | Sincerity       |
| Belonging       | Excellence          | Loyalty              | Solitude        |
| Benevolence     | Excitement          | Making a difference  | Spirituality    |
| Boldness        | Expressiveness      | Mastering something  | Stability       |
| Bravery         | Fairness            | Mindfulness          | Status          |
| Brilliance      | Faith               | Moderation           | Stillness       |
| Calmness        | Fame                | Modesty              | Strength        |
| Candor          | Family              | Motivation           | Structure       |
| Caring          | Financial security  | Novelty              | Success         |
| Certainty       | Fitness             | Objectivity          | Talent          |
| Challenge       | Fitting In          | Open-mindedness      | Teamwork        |
| Charity         | Flexibility         | Orderliness          | Tenacity        |
| Cheerfulness    | Freedom             | Originality          | Thoughtfulness  |
| Cleverness      | Friendships         | Partnership          | Toughness       |
| Collaboration   | Frugality           | Passion              | Tradition       |
| Commitment      | Fun                 | Patience             | Trust           |
| Communication   | Generosity          | Patriotism           | Uniqueness      |
| Community       | Grace               | Peace Perfection     | Unity           |
| Compassion      | Gratitude           | Performance          | Vision          |
| Competition     | Growth              | Perseverance         | Warmth          |
| Compliance      | Happiness           | Personal development | Wealth          |
| Composure       | Harmony             | Playfulness          | Well-Being      |
| Confidence      | Health              | Pleasing others      | Wisdom          |