

DISCOVERING YOUR VALUES

what kind of values do you lead your life by?

Each person has a set of specific values that are important to them. These values influence the decisions we make, how we spend our time, what goals we set for ourselves, lifestyle choices, and more.

Select the values that are important to you from the list below. Try to limit them to three to six values that are integral to who you are as a person. Write your own if they aren't listed.

safety.	autonomy.	integrity.	faith.	mindfulness.	connection
tolerance.	forgiveness.	ambition.	duty.	commitment.	fairness.
freedom.	hard work.	loyalty.	truth.	adaptability.	leisure .
patience .	perseverance.	joy.	order.	vision.	wealth.
trust.	curiosity.	equality.	power.	fun.	faithfulness .
teamwork.	pleasure.	spirituality.	ambition.	family.	courage.
adventure.	community.	friendship.	excellence.	learning.	leadership.
generosity.	privacy.	health.	home.	wellness.	authenticity.

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Living an Aligned Life Through your Personal Values

Take a moment to consider the values that you have chosen. Did any of them surprise you, or seem to leap off of the page as soon as you looked at it? Maybe it was harder to define what values were important to you.

Consider the following questions about the values you have chosen:

How are these values currently taking shape in your life right now?

Which ones would you like to incorporate more into your life?

What does each value mean to you? Write a personal definition.

Example: Trust

I trust myself to make the right decisions

or

I trust that the universe is looking out for me right now

or

Trust is the first step in developing meaningful relationships