

Module 5: Values & Committed Action

Reflecting on Your Values

Below is a list of values. As you read through them, please circle the ones that are most important to you. Or, you may want to circle all the ones that are even somewhat important, and then go back and star the ones that are most important. There are many other values besides the ones listed here. We encourage you to list any other values that come to mind that you don't see on the list.

Remember, values are about desired, ongoing action. They describe HOW we want to live our life. They are not about accomplishing a specific goal or achieving a certain level of "success". We can't always control whether or not we meet our goals, but we can choose to act according to our values even if our goals are not met. In addition, values are about our own actions, not the actions of others. So, for example, if you decide that "Compassion" is one of your values, your focus should be on you acting compassionately toward other people and toward yourself, not having other people be compassionate to you (although that would be nice!)

Accepting	Fair	Leadership	Respectful
Adventurous	Forgiving	Learning	Responsible
Assertive	Freedom	Loyal	Safe
Authentic	Fun	Mellow	Skillful
Aware	Generous	Open-minded	Spiritual
Bold	Healthy	Optimistic	Stable
Brave	Honest	Organized	Teaching
Committed	Humble	Passionate	Thoughtful
Connection	Humorous	Patient	Tolerant
Consistent	Independent	Peaceful	Understanding
Contribute	Interesting	Playful	Wise
Disciplined	Intimacy	Powerful	Other: _____
Energetic	Justice	Reliable	Other: _____
Equality	Kind	Religious	Other: _____