

Take the time to reflect and answer the following questions:

► What do I care about most in my life?

Consider the list below and CIRCLE your top 10 values, or add to the list if one of your own values is not represented:

- |            |           |              |            |            |           |
|------------|-----------|--------------|------------|------------|-----------|
| Love       | Curiosity | Family       | Energy     | Health     | Healing   |
| Well-Being | Power     | Freedom      | Faith      | Security   | Hope      |
| Money      | Beauty    | Wealth       | Nature     | Knowledge  | Adventure |
| Learning   | Success   | Experience   | Pride      | Trust      | Emotion   |
| Honesty    | Integrity | Authenticity | Children   | Marriage   | Fun       |
| Joy        | Travel    | Happiness    | Technology | Fulfilment |           |

Other:

Once you have circled your Top 10, list them IN ORDER OF IMPORTANCE to you:

- |    |                      |     |                      |
|----|----------------------|-----|----------------------|
| 1. | <input type="text"/> | 6.  | <input type="text"/> |
| 2. | <input type="text"/> | 7.  | <input type="text"/> |
| 3. | <input type="text"/> | 8.  | <input type="text"/> |
| 4. | <input type="text"/> | 9.  | <input type="text"/> |
| 5. | <input type="text"/> | 10. | <input type="text"/> |

For each word, create a unique phrase or definition that reflects how you feel about that Value.

Reflect on this list over time, refine, re-order, edit and expand as needed.