

VALUES CLARIFICATION

What are values? Values are abstract qualities of intrinsic worth. They are related to, but not the same as morals and ethics. A moral is a philosophical principle of right and wrong. Ethics are a system of moral standards. Every person has a unique set of values that are important to them and that they prioritize. Whether consciously adopted or unconsciously inherited, our values motivate our habits and behaviors. While we tend to feel quite strongly about these qualities, values are neither positive nor negative, nor are they good or bad.

Honoring our values is one way we can help ourselves to live meaningful, fulfilling lives. During times of transition, identifying values helps us to choose next steps and new beginnings that align with who we are and the life and world we wish to create.

Mark the values that are most important to you and from there try to narrow down to your top 10. Feel free to write in any value that comes up for you that you don't see listed here.

<input type="checkbox"/> Abundance	<input type="checkbox"/> Connection	<input type="checkbox"/> Equity	<input type="checkbox"/> Innovation	<input type="checkbox"/> Playfulness	<input type="checkbox"/> Service
<input type="checkbox"/> Acceptance	<input type="checkbox"/> Consistency	<input type="checkbox"/> Exhilaration	<input type="checkbox"/> Inspiration	<input type="checkbox"/> Pleasure	<input type="checkbox"/> Sincerity
<input type="checkbox"/> Accomplishment	<input type="checkbox"/> Contemplation	<input type="checkbox"/> Expansion	<input type="checkbox"/> Integrity	<input type="checkbox"/> Power	<input type="checkbox"/> Solitude
<input type="checkbox"/> Accuracy	<input type="checkbox"/> Contentment	<input type="checkbox"/> Faith	<input type="checkbox"/> Intimacy	<input type="checkbox"/> Practicality	<input type="checkbox"/> Space
<input type="checkbox"/> Achievement	<input type="checkbox"/> Contribution	<input type="checkbox"/> Family	<input type="checkbox"/> Intuition	<input type="checkbox"/> Preparation	<input type="checkbox"/> Spirit
<input type="checkbox"/> Activism	<input type="checkbox"/> Control	<input type="checkbox"/> Feeling	<input type="checkbox"/> Judgement	<input type="checkbox"/> Privacy	<input type="checkbox"/> Spirituality
<input type="checkbox"/> Adventure	<input type="checkbox"/> Courage	<input type="checkbox"/> Fitness	<input type="checkbox"/> Justice	<input type="checkbox"/> Progress	<input type="checkbox"/> Spontaneity
<input type="checkbox"/> Aesthetics	<input type="checkbox"/> Creativity	<input type="checkbox"/> Flexibility	<input type="checkbox"/> Laughter	<input type="checkbox"/> Process	<input type="checkbox"/> Stability
<input type="checkbox"/> Alignment	<input type="checkbox"/> Curiosity	<input type="checkbox"/> Focus	<input type="checkbox"/> Leadership	<input type="checkbox"/> Professionalism	<input type="checkbox"/> Stimulation
<input type="checkbox"/> Art	<input type="checkbox"/> Decication	<input type="checkbox"/> Forgiveness	<input type="checkbox"/> Learning	<input type="checkbox"/> Prosperity	<input type="checkbox"/> Strength
<input type="checkbox"/> Authenticity	<input type="checkbox"/> Delight	<input type="checkbox"/> Frugality	<input type="checkbox"/> Listening	<input type="checkbox"/> Purpose	<input type="checkbox"/> Superiority
<input type="checkbox"/> Autonomy	<input type="checkbox"/> Dependability	<input type="checkbox"/> Freedom	<input type="checkbox"/> Love	<input type="checkbox"/> Racial Equity	<input type="checkbox"/> Synthesis
<input type="checkbox"/> Awareness	<input type="checkbox"/> Devotion	<input type="checkbox"/> Fun	<input type="checkbox"/> Loyalty	<input type="checkbox"/> Radiance	<input type="checkbox"/> Teamwork
<input type="checkbox"/> Balance	<input type="checkbox"/> Directness	<input type="checkbox"/> Glamour	<input type="checkbox"/> Magic	<input type="checkbox"/> Recognition	<input type="checkbox"/> Tenderness
<input type="checkbox"/> Beauty	<input type="checkbox"/> Discernment	<input type="checkbox"/> Global Citizen	<input type="checkbox"/> Master	<input type="checkbox"/> Refinement	<input type="checkbox"/> Thinking
<input type="checkbox"/> Bliss	<input type="checkbox"/> Discovery	<input type="checkbox"/> Grace	<input type="checkbox"/> Meaning	<input type="checkbox"/> Reflection	<input type="checkbox"/> Thoughtfulness
<input type="checkbox"/> Bravery	<input type="checkbox"/> Diversity	<input type="checkbox"/> Gratitude	<input type="checkbox"/> Minimalism	<input type="checkbox"/> Relationship	<input type="checkbox"/> Touch
<input type="checkbox"/> Calm	<input type="checkbox"/> Divinity	<input type="checkbox"/> Harmony	<input type="checkbox"/> Movement	<input type="checkbox"/> Religious	<input type="checkbox"/> Transformation
<input type="checkbox"/> Candor	<input type="checkbox"/> Dreams	<input type="checkbox"/> Health	<input type="checkbox"/> Nature	<input type="checkbox"/> Resilience	<input type="checkbox"/> Transparency
<input type="checkbox"/> Change	<input type="checkbox"/> Education	<input type="checkbox"/> Honesty	<input type="checkbox"/> Openness	<input type="checkbox"/> Responsibility	<input type="checkbox"/> Trust
<input type="checkbox"/> Choice	<input type="checkbox"/> Efficiency	<input type="checkbox"/> Honor	<input type="checkbox"/> Orderliness	<input type="checkbox"/> Results	<input type="checkbox"/> Truth
<input type="checkbox"/> Clarity	<input type="checkbox"/> Elegance	<input type="checkbox"/> Hope	<input type="checkbox"/> Originality	<input type="checkbox"/> Reverence	<input type="checkbox"/> Understanding
<input type="checkbox"/> Comfort	<input type="checkbox"/> Empowerment	<input type="checkbox"/> Hospitality	<input type="checkbox"/> Partnership	<input type="checkbox"/> Risk Taking	<input type="checkbox"/> Uniqueness
<input type="checkbox"/> Commitment	<input type="checkbox"/> Encouragement	<input type="checkbox"/> Humor	<input type="checkbox"/> Patience	<input type="checkbox"/> Romance	<input type="checkbox"/> Unity
<input type="checkbox"/> Community	<input type="checkbox"/> Energy	<input type="checkbox"/> Imagination	<input type="checkbox"/> Peace	<input type="checkbox"/> Safety	<input type="checkbox"/> Vision
<input type="checkbox"/> Compassion	<input type="checkbox"/> Enjoyment	<input type="checkbox"/> Inclusion	<input type="checkbox"/> Perfection	<input type="checkbox"/> Satisfaction	<input type="checkbox"/> Vitality
<input type="checkbox"/> Competition	<input type="checkbox"/> Enlightenment	<input type="checkbox"/> Independence	<input type="checkbox"/> Perseverance	<input type="checkbox"/> Security	<input type="checkbox"/> Vulnerability
<input type="checkbox"/> Completion	<input type="checkbox"/> Entertainment	<input type="checkbox"/> Influence	<input type="checkbox"/> Personal Growth	<input type="checkbox"/> Self Expression	<input type="checkbox"/> Wealth
<input type="checkbox"/> Confidence	<input type="checkbox"/> Entrepenuership	<input type="checkbox"/> Information	<input type="checkbox"/> Persuasion	<input type="checkbox"/> Sensuality	<input type="checkbox"/> Wholeness
<input type="checkbox"/> Conformity	<input type="checkbox"/> Environment	<input type="checkbox"/> Ingenuity	<input type="checkbox"/> Planning	<input type="checkbox"/> Serenity	<input type="checkbox"/> Willingness

REFLECTION QUESTIONS

What values are you honoring the most in your life right now?

What values do you honor the least in your life right now?

Which of your values are most important for you to be honoring right now?

What would be different for you if you were honoring your values fully?

