



Rapid Evolution LLC

Values Exercise

Clarifying your values at any stage of your life can aide you in shaping your purpose and vision. What values are most important to you? What are the values you must honor to be true to yourself?

Choose the 10-15 values that you feel are most important, and group them together, such as *Risk taking – Growth – Creativity -- Humor*

Finally, identify the 3 values that you feel are most significant to you, where you would feel a great loss not to have them in your life.

Achievement	Personal Power	Romance
Humor	Freedom to Choose	Personal Power
Directness	Service	Spirituality
Participation	Contribution	Lightness
Performance	Excellence	Empowerment
Partnership	Risk taking	Family happiness
Collaboration	Leadership	Comradeship
Community	Economic Security	Creativity
Productivity	Free time	Independence
Free spirit	Focus	Beauty
Joy	Connectedness	Advancement
Peace	Acknowledgement	Adventure
Orderliness	Full self-expression	Competition
Accomplishment	Harmony	Recognition
Integrity	Aesthetics	Honesty
Growth	Accuracy	Help others
Peace	Zest	Productivity
To be known	Harmony	Lack of pretense
Leisure	Success	Nurturing
Romance	Power	Vitality
Time freedom	Stability	Trust
Forward the action	Pleasure	WOO (Winning Others Over)
Tradition	Responsibility	Precision
Authenticity	Affection	Caring
Risk-taking	Elegance	Service
Change	Autonomy	Challenge
Loyalty	Health	Intellectual status
Friendship	Excitement	Help society
Wealth	Wisdom	Add your own . . .