



# DIGGING INTO YOUR VALUES

Presence  
Under Pressure



Choose **4 driving values** from the list of values on the last page.



1.

2.

3.

4.



## Need help narrowing it down?

Choose the four that help you navigate tough situations and fill you with a sense of purpose. Feel free to start by jotting down all that feel true for you.

And then ask yourself:

- 1) Does this define me?
- 2) Is this who I am at my best?
- 3) Does this incorporate another value I'm tempted to include?
- 4) Is this a filter that I use to make hard decisions?

→ If the answer is **yes**, it's probably a winner!

**Value #1:** \_\_\_\_\_

Why is this so important to me? How do I actively lean into this value when I'm interacting with others?

**Value #2:** \_\_\_\_\_

Why is this so important to me? How do I actively lean into this value when I'm interacting with others?

**Value #3:** \_\_\_\_\_

Why is this so important to me? How do I actively lean into this value when I'm interacting with others?

**Value #4:** \_\_\_\_\_

Why is this so important to me? How do I actively lean into this value when I'm interacting with others?

# Core Values:

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Abundance	Environment	Integrity	Security
Accountability	Entertainment	Intelligence	Self-actualization
Achievement	Entrepreneurship	Intuition	Self-discipline
Adaptability	Efficiency	Joy	Self-expression
Advancement	Equality	Justice	Selflessness
Adventure	Ethics	Kindness	Self-respect
Advocacy	Excellence	Knowledge	Serenity
Alignment	Excitement	Leadership	Service
Altruism	Fairness	Learning	Simplicity
Ambition	Faith	Legacy	Spirituality
Authenticity	Family	Leisure	Spontaneity
Balance	Financial stability	Love	Stewardship
Beauty	Forgiveness	Loyalty	Success
Being the best	Freedom	Mentorship	Teamwork
Belonging	Friendship	Movement	Thrift
Career	Fun	Nature	Thoughtfulness
Caring	Future generations	Openness	Time
Change	Generosity	Optimism	Tradition
Clarity	Gentleness	Order	Travel
Collaboration	Giving back	Patience	Trust
Comfort	Grace	Peace	Truth
Commitment	Gratitude	Perseverance	Understanding
Community	Growth	Play	Uniqueness
Compassion	Harmony	Pleasure	Usefulness
Confidence	Health	Power	Utility
Connection	Home	Practicality	Vision
Contentment	Honesty	Productivity	Vulnerability
Contribution	Hope	Pride	Wealth
Cooperation	Humanity	Reciprocity	Well-being
Courage	Humility	Reliability	Wholeheartedness
Creativity	Humor	Resourcefulness	Wisdom
Curiosity	Inclusion	Respect	Wonder
Dignity	Independence	Responsibility	
Diversity	Initiative	Risk-taking	
Empathy	Innovation	Safety	