



LIKE YOU WERE MEANT TO

Reading Guide | Chapter 6: The Spiritual Dimension

list of **VALUES**

Acceptance
Accountability
Achievement
Adaptability
Adventure
Altruism
Ambition
Athleticism
Authenticity
Balance
Beauty
Being the best
Belonging
Career
Caring
Collaboration
Comfort
Commitment
Community
Compassion
Competence
Confidence
Connection
Consistency
Contentment
Contribution
Cooperation
Courage
Creativity
Curiosity
Dependability
Dignity
Diversity
Environment
Efficiency
Encouragement

Enthusiasm
Equality
Ethics
Excellence
Exploring
Fairness
Faith
Family
Financial security
Fitness
Forgiveness
Freedom
Friendship
Fun
Future generations
Generosity
Giving back
Grace
Gratitude
Growth
Harmony
Health
Home
Honesty
Hope
Hospitality
Humility
Humor
Imagination
Inclusion
Independence
Initiative
Innovation
Integrity
Intellect
Intuition
Job security
Joy
Justice

Kindness
Knowledge
Leadership
Learning
Legacy
Leisure
Love
Loyalty
Making a difference
Mercy
Nature
Objectivity
Open-mindedness
Optimism
Order
Originality
Ownership
Parenting
Patience
Patriotism
Peace
Perseverance
Personal fulfillment
Play
Positivity
Power
Precision
Preparation
Pride
Productivity
Recognition
Reliability
Resourcefulness
Respect
Responsibility
Risk-taking
Sacrifice
Safety
Security

Self-discipline
Self-expression
Self-respect
Serenity
Service
Simplicity
Sobriety
Spirituality
Spontaneity
Sportsmanship
Stability
Stewardship
Strength
Success
Teamwork
Tenacity
Thrift
Time
Tradition
Travel
Trust
Truth
Understanding
Uniqueness
Usefulness
Vision
Vulnerability
Wealth
Well-being
Wholeheartedness
Wisdom
Work

Add your own:



LIKE YOU WERE MEANT TO

Reading Guide | Chapter 6: The Spiritual Dimension

Spiritual Self-Leadership Challenge #4: Know What You Really Want (Values)

Autopilot off: Pause from reacting to the demands of your day. Quiet your body, your mind, your emotions. Prepare yourself to consider the depths of your Spiritual core.

Be Aware:

In thinking about your values, consider the question, “What do I really want in life?” What is so important to you?

Using the list of Values on the previous page, narrow the list down to your Top Ten. Keep in mind that while you may value much of what is on the list, these ten rise to the top.

Now narrow this list to your Top Five.

Finally, select your top one or two values.

Assess: How aligned are your top values with the activities you find yourself doing each day? Is the alignment high, low, or somewhere in between?



LIKE YOU WERE MEANT TO

Reading Guide | Chapter 6: The Spiritual Dimension

Spiritual Self-Leadership Challenge #4: Know What You Really Want (Values)

Adjust: What are one or two adjustments you could make to better align with what you value most on a more consistent basis?
