

Follow Your Bliss

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What Do You Value?

Sometimes we forget what is really important to us when we want to make sure we are doing the right thing and pleasing others. A good way to rediscover the SELF is to list what you value. Circle your values on this list. Pick your top five and rank them 1-5.

Achievement
Adventure
Authority
Accountability
Ambition
Authenticity
Autonomy
Balance
Beauty
Belonging
Boldness
Compassion
Challenge
Caring
Commitment
Cooperation
Collaboration
Compassion
Citizenship
Community
Competency
Contribution
Creativity
Curiosity
Courage
Contentment
Confidence
Connection
Cooperation
Diversity

Determination
Equality
Fairness
Faith
Family
Financial Stability
Freedom
Fame
Friendships
Fun
Generosity
Growth
Harmony
Happiness
Honesty
Humor
Home
Health
Independence
Intuition
Integrity
Justice
Kindness
Knowledge
Leadership
Learning
Love
Loyalty
Meaningful Work
Nature

Optimism
Peace
Pleasure
Patience
Power
Poise
Popularity
Recognition
Reliability
Religion
Reputation
Respect
Responsibility
Security
Self-Respect
Self-expression
Self-discipline
Service
Spirituality
Stability
Success
Status
Time
Trustworthiness
Travel
Truth
Vulnerability
Wealth
Wisdom
Openness

Others:
