

Fuel for the Journey: Values as a Self-Care Compass

Values are your desires of who you want to be and give meaning to life.



Living towards personal values is a process not an outcome. Values are freely chosen and our pattern of behaviors.



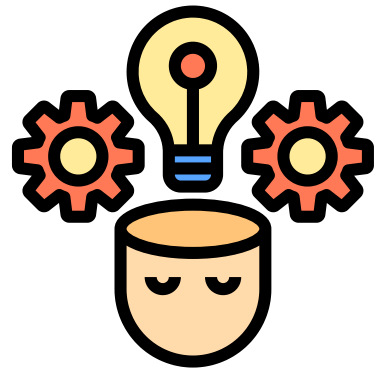
Values are NOT about what you want to get or achieve - they are not goals. Goals are achievable and are directed by our values.

Personal Values

Below is a list of personal values. Review the list and choose five that are most important to you. While many may resonate, choose only five to focus on at any given time. This allows you to prioritize our many values to help us focus.

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|------------------------|---------------------|---------------------|
| 1. Accomplishment | 38. Excellence | 76. Nature |
| 2. Abundance | 39. Exploration | 77. Obedience |
| 3. Accountability | 40. Fairness | 78. Openness |
| 4. Accuracy | 41. Faith | 79. Optimism |
| 5. Achievement | 42. Family | 80. Peace |
| 6. Adventure | 43. Flexibility | 81. Perfection |
| 7. Approval | 44. Forgiveness | 82. Persistence |
| 8. Autonomy | 45. Freedom | 83. Personal growth |
| 9. Balance | 46. Friendship | 84. Personal health |
| 10. Beauty | 47. Frugality | 85. Pleasure |
| 11. Challenge | 48. Fulfillment | 86. Power |
| 12. Change | 49. Fun | 87. Practicality |
| 13. Clarity | 50. Generosity | 88. Preservation |
| 14. Collaboration | 51. Genuineness | 89. Privacy |
| 15. Commitment | 52. Goodwill | 90. Problem solving |
| 16. Communication | 53. Gratitude | 91. Professionalism |
| 17. Community | 54. Hard work | 92. Progress |
| 18. Compassion | 55. Harmony | 93. Prosperity |
| 19. Competence | 56. Holistic Living | 94. Punctuality |
| 20. Competition | 57. Honesty | 95. Purpose |
| 21. Concern for others | 58. Honor | 96. Straightforward |
| 22. Confidence | 59. Improvement | 97. Strength |
| 23. Connection | 60. Independence | 98. Success |
| 24. Conservation | 61. Individuality | 99. Systemization |
| 25. Cooperation | 62. Initiative | 100. Teamwork |
| 26. Coordination | 63. Innovation | 101. Timeliness |
| 27. Creativity | 64. Integrity | 102. Tolerance |
| 28. Credibility | 65. Intensity | 103. Tradition |
| 29. Decisiveness | 66. Intimacy | 104. Tranquility |
| 30. Democracy | 67. Intuition | 105. Trust |
| 31. Determination | 68. Justice | 106. Truth |
| 32. Discovery | 69. Knowledge | 107. Unity |
| 33. Diversity | 70. Leadership | 108. Variety |
| 34. Education | 72. Loyalty | 109. Wealth |
| 35. Efficiency | 73. Meaning | 110. Wisdom |
| 36. Environment | 74. Moderation | |
| 37. Equality | 75. Money | |

Personal Values

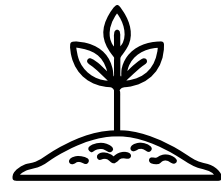


Value	Aligned Behavior	Unaligned behavior

Living a Values Led Life

What Grounds You?

When do you feel like your best self? Calm, grounded, fulfilled?
What are you doing and what value shows up in that moment?



Self-Commitment

Looking at your top value, what is one small action you can
take this week to honor that value?

