

Evolving Values

Review the list of Values on p.2.

Select 3 values that were **important to you in the past, but no longer mean as much to you.**



Select 3 values that were **important to you in the past and continue to be very important to you today.**



Select 3 values that were **not so important to you in the past but are becoming increasingly important to you now.**



Reflect

What does it look like to deprioritize or let go of the values that no longer mean as much? What feelings come up around this?

How might I evolve the way I live out those values that continue to be important? How might they show up differently?

How can I honor and live out the values that are growing in importance for me? What does this make possible?

Values List

Abundance	Consideration	Honesty	Popularity
Acceptance	Consistency	Humility	Positivity
Accountability	Continuous learning	Humor	Power
Accuracy	Contribution	Imagination	Preparedness
Achievement	Cooperation	Impressing people	Proactivity
Advancement	Courage	Improving things	Professionalism
Adventure	Creativity	Inclusiveness	Punctuality
Advocacy	Credibility	Independence	Quality
Altruism	Curiosity	Individuality	Recognition
Ambition	Daring	Influencing people	Relationships
Appreciation	Decisiveness	Innovation	Resilience
Approachability	Dedication	Inspiration	Resourcefulness
Assertion	Dependability	Integrity	Respect
Attractiveness	Determination	Intelligence	Responsibility
Authenticity	Diversity	Intuition	Risk-Taking
Autonomy	Ease	Joy	Safety
Balance	Education	Justice	Security
Beauty	Efficiency	Kindness	Self-awareness
Being good	Empathy	Knowledge	Self-control
Being liked	Encouragement	Leadership	Self-respect
Being right	Enthusiasm	Leisure	Selflessness
Being admired	Entrepreneurship	Listening	Service
Being special	Equality	Longevity	Simplicity
Being the best	Ethics	Love	Sincerity
Belonging	Excellence	Loyalty	Solitude
Benevolence	Excitement	Making a difference	Spirituality
Boldness	Expressiveness	Mastering something	Stability
Bravery	Fairness	Mindfulness	Status
Brilliance	Faith	Moderation	Stillness
Calmness	Fame	Modesty	Strength
Candor	Family	Motivation	Structure
Caring	Financial security	Novelty	Success
Certainty	Fitness	Objectivity	Talent
Challenge	Fitting In	Open-mindedness	Teamwork
Charity	Flexibility	Orderliness	Tenacity
Cheerfulness	Freedom	Originality	Thoughtfulness
Cleverness	Friendships	Partnership	Toughness
Collaboration	Frugality	Passion	Tradition
Commitment	Fun	Patience	Trust
Communication	Generosity	Patriotism	Uniqueness
Community	Grace	Peace Perfection	Unity
Compassion	Gratitude	Performance	Vision
Competition	Growth	Perseverance	Warmth
Compliance	Happiness	Personal development	Wealth
Composure	Harmony	Playfulness	Well-Being
Confidence	Health	Pleasing others	Wisdom