

Core Values List - Recapture Your Life

INSTRUCTIONS

- Choose your top 20 values. Spend a couple of days living with them. Change them out as needed.
- Narrow your list down to the top five values. Then down to your top two.
- Put the other values inline under the top two. If one value fits under each, then put it between the two like a bridge. I give examples on my Discover Your Values Post.

Abundance	Family	Performance
Acceptance	Focus	Personal Development
Accomplishment	Forgiveness	Presence
Accuracy	Freedom	Productivity
Acknowledgement	Friendship	Recognition
Adventure	Fun	Recovery
Authenticity	Generosity	Respect
Balance	Gentleness	Resourcefulness
Beauty	Goodness	Romance
Boldness	Growth	Safety
Calmness	Happiness	Self-control
Challenge	Harmony	Service
Collaboration	Health	Simplicity
Community	Helpfulness	Sobriety
Compassion	Honesty	Spirituality
Comradeship	Honor	Spontaneity
Confidence	Humor	Strength
Connectedness	Independence	Success
Contentment	Innovation	Teamwork
Cooperation	Integrity	Thankfulness
Courage	Intuition	Thoughtfulness
Creativity	Joy	Tolerance
Curiosity	Kindness	Tradition
Determination	Knowledge	Trust
Directness	Learning	Understanding
Discovery	Listening	Unity
Effortlessness	Love	Vitality
Empowerment	Loyalty	Vulnerability
Enthusiasm	Nature	Welcoming
Environment	Participation	Wisdom
Excellence	Partnership	_____
Exploration	Passion	_____
Fairness	Patience	_____
Faith	Peace	_____

Offering complimentary sample sessions and accepting new clients and referrals.

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Or

Online at RecaptureYour.Life