



Values are important — not only can they serve as self-fulfilling prophecies, but they're important reference points for us when making difficult decisions. When Sparks live their values, they set a more influential and inspiring example.

The below exercise is designed for you to reflect upon your most important values. Walk through the exercises step by step and then complete the self-reflection questions at the end.

1 Below is a list of commonly held values. Circle 10 that are most important to you. Feel free to add values in the spaces provided.

Achievement	Fast-paced work	Physical challenge
Advancement for promotion	Financial gain	Pleasure
Adventure	Freedom	Public service
Affection (love & caring)	Friendships	Purity
Arts	Having a family	Quality of work you do
Challenging problems	Helping other people	Quality in relationships
Change & variety	Helping society	Recognition (respect from others)
Close relationships	Honesty	Religion
Community	Independence	Reputation
Competence	Influencing others	Responsibility & accountability
Competition	Inner harmony	Security
Cooperation	Integrity	Self-respect
Country	Intellectual status	Serenity
Creativity	Involvement	Sophistication
Decisiveness	Job tranquility	Stability
Democracy	Knowledge	Status
Ecological awareness	Leadership	Supervising others
Economic security	Location	Time freedom
Effectiveness	Loyalty	Truth
Efficiency	Market position	Wealth
Ethical practice	Meaningful work	Wisdom
Excellence	Merit	Work under pressure
Excitement	Money	Work with others
Expertise	Nature	_____
Fame	Personal Growth	_____

- 2 Now that you have identified your top ten, imagine you are only permitted to have five values. What values would you give up? Cross those five off. Now you can only have four values. Eliminate one more. Finally, bring your list down to your top three values and rank them in priority. You should now have identified the number one value in your life that you care most about.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

- 3 Take a look at the top three values on your list and answer the following questions.

1. What do these values tell you about yourself?

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2. How well are you doing at living these values?

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3. What is at least one thing you can commit to in order to live and lead more authentically?

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4. Who must you enlist to support you in this commitment in order to maximize chances for success?

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