Simplify Firefly's

Personal Values Exercise



Personal Values

Cooperation

Look through the words and circle the ones that stand-out to you the most.

Accomplishment	Creativity	Generosity
		,

Accuracy Dependability Growth

Adventure Determination Happiness

Affirmation Do what you say Hard work

Art Efficiency Honesty

Beauty Elegance Hope

Balance Encouragement Humor

Being in control Excellence Impacting people

Being known Exploration Independence

Belonging Faithfulness Influence

Career Fairness Integrity

Caring Family Joy

Caution Financially secure Knowledge

Character Legacy Flexibility

Commitment Leisure Forgiveness

Communicating Love Forward looking

Community Loyalty Freedom

Involvement Marriage Friendships

Compassion Meaning Frugality

Competition Nurturing Fulfillment

Contribution Organization

Fun

Passionate pursuit Self-expression Patience Self-respect Peace Serving Perfection Silence Performance Solo time Spiritual growth Perseverance Stability Persistence Physical vitality Success Practicality Tongue control Productivity Tradition Prosperity Trust Purity Truth Quality Variety Relationships Volunteering Respect for life Well-being Respect for the Winning environment Worship Reputation Others: _____ Risk taking Safety Security Self-esteem

I will always be true to myself.

If you could only take 10 values with you into a strange and possibly dangerous	
territory, which ones would you absolutely	
have?	
	When your daily activities reflect your governing values, you experience inner peace. -Hyrum W. Smith
	Values can change. Are there values you would like to have that you don't have already? Go through the list and put a rectangle around those and write them down here.
Discovering your 10 core values can take time. Don't rush through this. Take your time and really think about what values align with your true self. Your future decisions and well-being depend on this.	
Why again is this important?	
Because when you make decisions based on your values; stress, discouragement, and frustration disappear. Not to mention the repercussions of those emotions fade away too. You are happy.	

Homework

Write down the top 10 values you have or want to have so you only have 10.
Write these down on a sticky note and put it somewhere where you'll see it everyday...bathroom mirror, car dash, the cupboard where your snacks are...

- memorize these words
- use these words to help you make decisions throughout your day
- before you snack or contemplate a walk, look at these words
- practice doing this, test it out, and ask yourself how you feel after using this decision technique.

When crisis or crucial decision times arise, values-driven people are able to respond quickly and appropriately.

One more time, WHY is this important?

"People who have not thought about their values are more easily swayed by circumstances, fads, and the opinions of others...people who live in harmony with their values sense greater inner peace and feel their lives are on target, more fulfilled, and less out of control."

-Gary Collins