**Step 1: Identify the times when you were most proud**

***Use examples from your experience with this or other group.***

* Why were you proud?
* Did other people share your pride? Who?
* What other factors contributed to your feelings of pride?

**Step 2: Identify the times when you were most fulfilled and satisfied**

***Again, use examples from your experience with this or other groups.***

* What need or desire was fulfilled?
* How and why did the experience give your life meaning?
* What other factors contributed to your feelings of fulfillment?

**Step 3: Determine your top values, based on your experiences of happiness, pride, and fulfillment.**

**Use the list of common personal values on the next page to help you get started – and aim for about 10 top values.**

*\*As you work through the list, you may find that some of these naturally combine. For instance, if you value philanthropy, community, and generosity, you might say that service to others is one of your top values.*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Accountability Accuracy Achievement Adventurousness Altruism Ambition Assertiveness Balance Being the best Belonging Boldness Calmness Carefulness Challenge Cheerfulness Clear-mindedness Commitment Community Compassion Competitiveness Consistency Contentment Continuous Improvement Contribution Control Cooperation Correctness | Courtesy Creativity Curiosity Decisiveness Democraticness Dependability Determination Devoutness Diligence Discipline Discretion Diversity Dynamism Economy Effectiveness Efficiency Elegance Empathy Enjoyment Enthusiasm Equality  Excellence Excitement Expertise Exploration Expressiveness Fairness Faith Family-orientedness | Fidelity Fitness Fluency Focus Freedom Fun Generosity Goodness Grace Growth Happiness Hard Work Health Helping Society Holiness Honesty Honor Humility Independence Ingenuity Inner Harmony Inquisitiveness Insightfulness Intelligence Intellectual Status Intuition Joy Justice Leadership | Legacy Love Loyalty Making a difference Mastery Merit Obedience Openness Order Originality  Patriotism  Perfection Piety Positivity Practicality Preparedness Professionalism Prudence Quality-orientation Reliability Resourcefulness Restraint Results-oriented Rigor Security Self-actualization Self-control Selflessness | Spontaneity Stability Strategic Strength  Structure Success Support Teamwork Temperance Thankfulness Thoroughness Thoughtfulness Timeliness Tolerance Traditionalism Trustworthiness Truth-seeking Understanding Uniqueness Unity Usefulness Vision Vitality  Self-reliance Sensitivity Serenity Service Shrewdness Simplicity Soundness Speed |