**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.*

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| AccountabilityAccuracyAchievementAdventurousnessAltruismAmbitionAssertivenessBalanceBeing the bestBelongingBoldnessCalmnessCarefulnessChallengeCheerfulnessClear-mindednessCommitmentCommunityCompassionCompetitivenessConsistencyContentmentContinuous ImprovementContributionControlCooperationCorrectness | CourtesyCreativityCuriosityDecisivenessDemocraticnessDependabilityDeterminationDevoutnessDiligenceDisciplineDiscretionDiversityDynamismEconomyEffectivenessEfficiencyEleganceEmpathyEnjoymentEnthusiasmEqualityExcellenceExcitementExpertiseExplorationExpressivenessFairnessFaithFamily-orientedness | FidelityFitnessFluencyFocusFreedomFunGenerosityGoodnessGraceGrowthHappinessHard WorkHealthHelping SocietyHolinessHonestyHonorHumilityIndependenceIngenuityInner HarmonyInquisitivenessInsightfulnessIntelligenceIntellectual StatusIntuitionJoyJusticeLeadership | LegacyLoveLoyaltyMaking a differenceMasteryMeritObedienceOpennessOrderOriginalityPatriotismPerfectionPietyPositivityPracticalityPreparednessProfessionalismPrudenceQuality-orientationReliabilityResourcefulnessRestraintResults-orientedRigorSecuritySelf-actualizationSelf-controlSelflessness | SpontaneityStabilityStrategicStrengthStructureSuccessSupportTeamworkTemperanceThankfulnessThoroughnessThoughtfulnessTimelinessToleranceTraditionalismTrustworthinessTruth-seekingUnderstandingUniquenessUnityUsefulnessVisionVitalitySelf-relianceSensitivitySerenityServiceShrewdnessSimplicitySoundnessSpeed |