



New Horizon Strategies

Values List Exercise

Clarifying your values for this stage of your life can aid you in shaping your purpose and vision, similar to the way we use a compass to help us navigate the general direction we'd like to go.

1. In this stage of life or transition what values are most important to you? Highlight or circle all the values that resonate with you right now.
2. Now group your values in the way that makes sense to you. You may repeat the same word in more than 1 group. Aim for 3-5 groups.
3. Finally, what value word seems to resonate the most for each of the groups you've created?

Example: authenticity + together + service + collaboration + help others = service

Achievement
 Accountability
 Accuracy
 Acknowledgment
 Advancement

Adventure
 Aesthetics
 Affection
 Authenticity
 Autonomy
 Beauty
 Brave
 Caring
 Celebration
 Challenge
 Change
 Contribution
 Collaboration
 Community
 Connectedness
 Comradeship
 Courage
 Creativity
 Devotion
 Diligence
 Directness
 Economic security
 Effort
 Empowerment
 Enthusiasm
 Excellence
 Excitement
 Expert
 Elegance
 Family happiness
 Free spirit
 Free time
 Focus
 Forward the action
 Freedom
 Friendship
 Growth
 Integrity
 Independence
 Intellectual status
 Harmony
 Health
 Help others
 Help society
 Honesty

Humility
 Humor
 Joy
 Knowledge
 Lack of pretense
 Leadership
 Leisure
 Lightness
 Location
 Loyalty
 Nurturing
 Orderliness
 Partnership
 Participation
 Performance
 Personal power
 Peace
 Pleasure
 Problem Solving
 Productivity
 Power
 Precision
 Recognition
 Responsibility
 Romance
 Risk-taking
 Self-expression
 Spirituality
 Success
 Service
 Stability
 Time Freedom
 Togetherness
 Tradition
 Trust
 Vision
 Vitality
 Wealth
 Wisdom
 Zest
 Add your own

