

Values Activity



**SUCCESS
STARTS
HERE**



Your values impact your **decision-making, habits, and communication**. Your values **motivate you and represent what you believe in**. Your values describe your individual **moral and ethical codes**.

Read through the list of the 150 values below. As you read, circle values that automatically resonate with you.

- | | | | |
|----------------|---------------|-----------------|--------------------|
| Acceptance | Discovery | Knowledge | Safety |
| Accomplishment | Diversity | Leadership | Satisfaction |
| Accountability | Ease | Learning | Security |
| Accuracy | Effectiveness | Love | Self-Expression |
| Achievement | Efficiency | Loyalty | Self-Reliance |
| Adventure | Empathy | Meaning | Simplicity |
| Affection | Equality | Money | Skill |
| Appreciation | Excellence | Mourning | Solving Problems |
| Authenticity | Fairness | Movement | Space |
| Autonomy | Faith | Mutuality | Speed |
| Awareness | Family | Nurturing | Spontaneity |
| Balance | Flair | Openness | Stability |
| Beauty | Flexibility | Order | Standardization |
| Belonging | Focus | Participation | Status |
| Calm | Freedom | Passion | Stimulation |
| Celebration | Friendship | Peace | Structure |
| Challenge | Fun | Perfection | Success |
| Change | Gratitude | Perseverance | Support |
| Choice | Greatness | Play | Teamwork |
| Clarity | Growth | Pleasure | Tenacity |
| Collaboration | Happiness | Power | Timeliness |
| Comfort | Hard Work | Practicality | To Know & Be Known |
| Commitment | Harmony | Predictability | To Matter |
| Communication | Health | Presence | To See & Be Seen |
| Community | Honesty | Preservation | Tolerance |
| Companionship | Hope | Privacy | Tradition |
| Compassion | Humor | Progress | Tranquility |
| Competence | Improvement | Prosperity | Transformation |
| Competition | Inclusion | Punctuality | Trust |
| Connection | Independence | Purpose | Truth |
| Consciousness | Individuality | Recognition | Understanding |
| Consideration | Innovation | Relationships | Unity |
| Consistency | Inspiration | Reliability | Variety |
| Cooperation | Integrity | Resourcefulness | Warmth |
| Creativity | Intimacy | Respect | Wealth |
| Decisiveness | Intuitiveness | Responsibility | Wisdom |
| Democracy | Joy | Results | Other: _____ |
| Discipline | Justice | Risk-Taking | Other: _____ |

Next, narrow your list of circled values to the **ten most important values to you**. Write these values on the next page.

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Top Ten Values:

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Now, prioritize this list and narrow it to your top five values and reflect on why these values matter to you.

Value	Why It Matters

Next, use your values to write a personal Purpose Statement. This statement should describe what you value and how you hope to use your values and strengths in your college experience and career.



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