

A Quiet Life

*Discover the work that's yours to do
Make the time to do it*

Cut the following list of values up so that each value is on a separate piece of paper.

Divide the pile of values into three piles:

- 1) I really value this!
- 2) I sort of value this.
- 3) I don't value this.

Throw out Piles 2 and 3.

Now separate Pile 1 into two: Things you really value, and things you don't value as much.

Keep going until Pile 1 contains three to five values. These are your top values.

Are your actions in line with your values? What could you do to change that?

What do I value?

Abundance	Commonality	Ethics
Acceptance	Communication	Excellence
Accomplishment	Community	Excitement
Accountability	Compassion	Experience
Accuracy	Competence	Exploration
Achievement	Concentration	Expressiveness
Adaptability	Confidence	Facilitation
Advancement	Connection	Fairness
Adventure	Consciousness	Faith
Affection	Consistency	Fame
Alertness	Contentment	Family
Altruism	Contribution	Fame
Ambition	Control	Fearlessness
Amusement	Conviction	Ferociousness
Appreciation	Cooperation	Fidelity
Assertiveness	Courage	Finances
Attentiveness	Courtesy	Finesse
Authenticity	Creation	Fitness
Authority	Creativity	Focus
Autonomy	Credibility	Foresight
Awareness	Curiosity	Forgiveness
Balance	Curiosity	Fortitude
Beauty	Decisiveness	Freedom
Boldness	Dedication	Friendship
Bravery	Dependability	Fun
Brilliance	Determination	Generosity
Calm	Development	Genius
Candor	Devotion	Giving People a Chance
Capable	Dignity	Goodness
Career	Discipline	Grace
Carefulness	Discovery	Gratitude
Caring	Diversity	Greatness
Certainty	Drive	Growth
Challenge	Effectiveness	Happiness
Change	Efficiency	Hard work
Charisma	Empathy	Harmony
Charity	Empowerment	Health
Citizenship	Encouragement	Home
Clarity	Endurance	Honesty
Cleanliness	Energy	Honor
Clear	Enjoyment	Hope
Cleverness	Entertain	Humanity
Comfort	Enthusiasm	Humility
Commitment	Entrepreneurship	Humor
Common sense	Equality	Imagination

Improvement	Playfulness	Solitude
Independence	Pleasure	Speed
Individuality	Poise	Spirit
Influence	Popularity	Spirituality
Inner Harmony	Potential	Spontaneity
Innovation	Power	Stability
Inquisitiveness	Presence	Status
Insight	Pride in Your Work	Stewardship
Inspiration	Productivity	Strength
Integrity	Professionalism	Structure
Intelligence	Prosperity	Success
Intensity	Purpose	Support
Intuitive	Quality	Surprise
Invention	Realism	Sustainability
Involvement	Reason	Talent
Joy	Reciprocity	Teamwork
Justice	Recognition	Temperance
Kindness	Recreation	Thankfulness
Knowledge	Reflection	Thoroughness
Lawful	Relationship	Thoughtfulness
Leadership	Religion	Timeliness
Learning	Renewal	Tolerance
Liberty	Reputation	Toughness
Logic	Respect	Tradition
Love	Responsibility	Tranquility
Loyalty	Restraint	Transparency
Mastery	Results	Trust
Maturity	Reverence	Trustworthiness
Meaning	Rigor	Truth
Meaningful Work	Risk	Understanding
Moderation	Satisfaction	Uniqueness
Motivation	Security	Unity
Openness	Self-reliance	Valor
Optimism	Selflessness	Victory
Order	Sensitivity	Vigor
Organization	Serenity	Vision
Originality	Service	Vitality
Passion	Significance	Wealth
Patience	Silence	Wellness
Peace	Simplicity	Willingness
Performance	Sincerity	Winning
Persistence	Skillfulness	Wisdom
Personal Development		Wonder