

Simplify Firefly's

Personal Values Exercise

Personal Values

Look through the words and circle the ones that stand-out to you the most.

Accomplishment	Creativity	Generosity
Accuracy	Dependability	Growth
Adventure	Determination	Happiness
Affirmation	Do what you say	Hard work
Art	Efficiency	Honesty
Beauty	Elegance	Hope
Balance	Encouragement	Humor
Being in control	Excellence	Impacting people
Being known	Exploration	Independence
Belonging	Faithfulness	Influence
Career	Fairness	Integrity
Caring	Family	Joy
Caution	Financially secure	Knowledge
Character	Flexibility	Legacy
Commitment	Forgiveness	Leisure
Communicating	Forward looking	Love
Community	Freedom	Loyalty
Involvement	Friendships	Marriage
Compassion	Frugality	Meaning
Competition	Fulfillment	Nurturing
Contribution	Fun	Organization
Cooperation		

Passionate pursuit

Patience

Peace

Perfection

Performance

Perseverance

Persistence

Physical vitality

Practicality

Productivity

Prosperity

Purity

Quality

Relationships

Respect for life

Respect for the

environment

Reputation

Risk taking

Safety

Security

Self-esteem

Self-expression

Self-respect

Serving

Silence

Solo time

Spiritual growth

Stability

Success

Tongue control

Tradition

Trust

Truth

Variety

Volunteering

Well-being

Winning

Worship

Others: _____

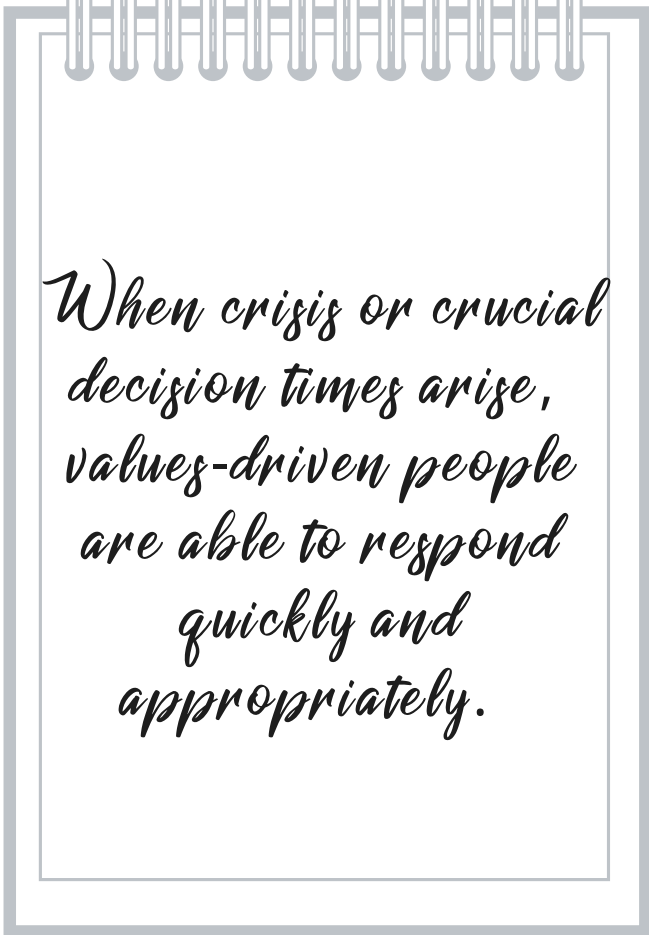
I will always be true to myself.

Homework

Write down the top 10 values you have or want to have so you only have 10.

Write these down on a sticky note and put it somewhere where you'll see it everyday...bathroom mirror, car dash, the cupboard where your snacks are...

- memorize these words
- use these words to help you make decisions throughout your day
- before you snack or contemplate a walk, look at these words
- practice doing this, test it out, and ask yourself how you feel after using this decision technique.



When crisis or crucial decision times arise, values-driven people are able to respond quickly and appropriately.

One more time, WHY is this important?

"People who have not thought about their values are more easily swayed by circumstances, fads, and the opinions of others...people who live in harmony with their values sense greater inner peace and feel their lives are on target, more fulfilled, and less out of control."

-Gary Collins