

# SURFACE TO SOUL

Live Well | Lead Well | Coach Well

## Clarify Your Core Values

### INSTRUCTIONS

1. Cross off the list below any words that **do not** represent things that are **important** to you.
2. Cross off the list below any words that **do not** represent things that are **very important** to you.
3. From the words that remain, select up to 10 that are **most important** to you; then rank those ten words in order of importance.

ACCEPTANCE	DUTY	INDEPENDENCE	POWER
ACCURACY	ECOLOGY	INDUSTRY	PURPOSE
ACHIEVEMENT	EXCITEMENT	INNER PEACE	RATIONALITY
ADVENTURE	FAITH	INTIMACY	REALISM
ATTRACTION	FAITHFULNESS	JOY	RESPONSIBILITY
AUTHENTICITY	FAME	JUSTICE	RISK
AUTHORITY	FAMILY	KNOWLEDGE	ROMANCE
AUTONOMY	FITNESS	LEISURE	SAFETY
BEAUTY	FLEXIBILITY	LOVE	SELF - ACCEPTANCE
CARING	FORGIVENESS	MASTERY	SELF - ESTEEM
CHALLENGE	FRIENDSHIP	MINDFULNESS	SELF - KNOWLEDGE
CHANGE	FUN	MODERATION	SERVICE
COMFORT	GENERATIVITY	MONOGAMY	SEX/SEXUALITY
COMMITMENT	GENEROSITY	MUTUALITY	SIMPLICITY
COMPASSION	GENUINENESS	NON-CONFORMITY	SOLITUDE
CONTRIBUTION	GOD'S WILL	NURTURANCE	SPIRITUALITY
CONNECTEDNESS	GROWTH	OPENNESS	STABILITY
CONTROL	HEALTH	ORDER	TOLERANCE
COOPERATION	HELPFULNESS	PASSION	TRADITION
COURTESY	HONESTY	PEACE	VIRTUE
CREATIVITY	HOPE	PLEASURE	WEALTH
DEPENDABILITY	HUMILITY	POPULARITY	WISDOM
DIVERSITY	HUMOR	POWER	OTHER: _____



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