

# Values Activity Worksheet

## Create your own mantra.

On separate piece of paper, journal on the following.

- What are your proudest moments? What values led you to those moments?
- What would you do if you won the lottery and didn't have to worry about creating income? What values would you display during those activities?
- Whom do you most admire? What are their defining traits?
- Think of a personal experience in which you felt your best. What values resonate with that experience?

Go back into these answers and pick out 3-5 key words/ideas from each that resonate how your values lived out in that story. These may repeat with each answer and that is okay. Capture those below.

For examples of values refer to the list below.

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If you would like to make it into a mantra - combine those values in a way that is a 3-5 word statement. You do not have to use all of the key words. Capture your final statement here-

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# Values Activity Worksheet

**Below are examples of Values.**

Accomplishment

Accountability

Accuracy

Achievement

Acknowledgement

Adventure

Affection

Affirmation

Altruism

Ambition

Assertiveness

Authentic

Autonomy

Balance

Beauty

Belonging

Boldness

Bravery

Calmness

Carefulness

Caring

Certainty

Challenge

Cheerfulness

Clarity

Cleverness

Commitment

Community

Compassion

Individuality

Influence

Ingenuity

Inner Harmony

Innovation

Integrity

Intellectualism

Intelligence

Intimacy

Intuition

Inventing

Joy

Justice

Kindness

Knowledge

Leadership

Learning

Legacy

Love

Loyalty

Magic

Mastery

Mercy

Mindfulness

Modesty

Nature

Nurturing

Obedience

Openness

# Values Activity Worksheet

Competition  
Completion  
Confidence  
Conformity  
Connecting  
Consistency  
Contentment  
Contribution  
Control  
Cooperation  
Correctness  
Courage  
Courtesy  
Creative  
Curiosity  
Daring  
Decisiveness  
Dependability  
Determination  
Devotion  
Dignity  
Diligence  
Directness  
Discipline  
Discretion  
Diversity  
Do the Right Thing  
Dynamism  
Economy  
Elegance  
Effectiveness  
Optimism  
Opportunity  
Order  
Organization  
Originality  
Patience  
Patriotism  
Persistence  
Peace  
Perfection  
Perseverance  
Persistence  
Personal Growth  
Piety  
Playfulness  
Pleasure  
Positivity  
Power  
Practicality  
Preparedness  
Pride  
Privacy  
Professionalism  
Prudence  
Quality  
Realism  
Recognition  
Reliability  
Reputation  
Resourcefulness  
Respect

# Values Activity Worksheet

Efficiency  
Elegance  
Emotional Health  
Empathy  
Empowerment  
Enjoyment  
Enlightenment  
Enthusiasm  
Entrepreneurship  
Equality  
Equity  
Ethics  
Excellence  
Excitement  
Expertise  
Fairness  
Faith  
Fame  
Family  
Fidelity  
Financial Security  
Fitness  
Fix Things  
Flexibility  
Focus  
Forgiveness  
Forward Action  
Frankness  
Freedom  
Friendship  
Fulfilment  
Restraint  
Revolution  
Rigor  
Romance  
Safety  
Saving  
Security  
Seek Truth  
Self-Actualization  
Self-Control  
Self-Esteem  
Self-Expression  
Self-Reliance  
Self-Respect  
Selfishness  
Serenity  
Service  
Sharing  
Simplicity  
Socializing  
Social Advancement  
Solitude  
Solving Problems  
Speed  
Spiritual Development  
Spirituality  
Spontaneity  
Stability  
Strength  
Structure  
Synergy

# Values Activity Worksheet

Fun  
Generosity  
Getting Ahead  
Goodness  
Grace  
Gratitude  
Growth  
Happiness  
Hard Work  
Harmony  
Health  
Helping  
Honesty  
Honor  
Hope  
Humility  
Inclusivity  
Independence

Team Spirit  
Teamwork  
Thoroughness  
Thoughtfulness  
Thrift  
Tolerance  
Tradition  
Trust  
Truth  
Utility  
Understanding  
Uniqueness  
Unity  
Variety  
Vitality  
Wealth  
Winning  
Wisdom

# Values Activity Worksheet

## Be 1 Life Connected!

**We are mindful of our response**

**We create our environment**

**We embrace our emotions**

**We find self-forgiveness**



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1 Life Connected

Connecting Careers with Life's Passion

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