



1. Click the **top 5-10 values** that resonate with you the most.

Authenticity	Determination	Inner Harmony	Religion
Achievement	Fairness	Justice	Reputation
Adventure	Faith	Kindness	Respect
Autonomy	Fame	Knowledge	Responsibility
Balance	Family	Leadership	Security
Beauty	Freedom	Learning	Self-Respect
Boldness	Friendships	Love	Service
Compassion	Fun	Loyalty	Spirituality
Challenge	Growth	Meaningful Work	Stability
Citizenship	Happiness	Openness	Success
Community	Health	Optimism	Status
Competency	Honesty	Peace	Trustworthiness
Contribution	Hope	Pleasure	Wealth
Creativity	Humor	Popularity	Wellness
Curiosity	Influence	Recognition	Wisdom

2. **What** do you do each day that you most enjoy?

3. What do you do each day that you **don't enjoy**?



4. If you had a free afternoon with no plans, **what would you choose to do** (money is not an issue)?

5. **When do you feel most** like your true, authentic self?

6. On your best days, **how would you describe yourself and your personality?**