**Directions for Values Exercise**

Values are what’s important to us. When engaged in activities centered around our values, we feel most like ourselves: connected, excited, content and effortless. Though our values are important to us, we can become busy with our responsibilities and move away from them. In order to honor our values, we may need to adjust our lives to create the room to engage in them more deeply.

**Step 1**: On the pink sheet is a list of 230 personal core values. Go through the list and circle the 10 words that really resonate with you.

**Step 2**: From the 10 words you’ve circled, narrow the list to the top 5 words that resonate with you – that represent very important core values. It might help to ask yourself questions like, "Do I really prefer X or Y? Which words, when honored, make the other ones not as meaningful or important?"

**Step 3**: Write down, below, these 5 words that well represent your core values.

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**Step 4**: Write a sentence, beginning with ‘I will…” incorporating each core value. (e.g. “I will focus on my family, and when I get home from work, I’ll put my phone away from 6:30-9pm.”)