



Priorities are a system of organizing what takes importance in our life. They help us get clear on what is important to us. These are changeable based on external factors, and what we need in a current moment. Some examples include: CAREER, HEALTH, PERSONAL, FAMILY, RELATIONSHIPS, FINANCIAL, SPIRITUAL, WELL-BEING, EDUCATION, GROWTH, SECURITY & PLAY

Priority	Where do I see this in my life?	How satisfied am I with this (1-10)	What can I do to shift?





A value is something that is uniquely important to you. It helps you guide your decisions in life, and while they may change over time, they do not easily change in response to outside influence.

Value and description of what it means to me

Action I can take in short term to act on this value

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accountability  
 accuracy  
 achievement  
 adventure  
 altruism  
 ambition  
 assertiveness  
 attractiveness  
 authenticity  
 authority  
 autonomy  
 audacity  
 agility  
 balance  
 beauty  
 being the best  
 belonging  
 boldness  
 calmness  
 caring  
 carefulness  
 candor  
 challenge  
 change  
 cheerfulness  
 clear-mindedness  
 comfort  
 commitment  
 communication  
 community  
 compassion  
 competition  
 consistency  
 connection  
 contentment  
 continuous improvement  
 contribution  
 control  
 cooperation  
 correctness  
 courage  
 courtesy  
 creativity  
 curiosity  
 decisiveness  
 dependability  
 determination  
 devoutness  
 diligence  
 discipline  
 discretion  
 diversity  
 duty

dynamism  
 ecology  
 economy  
 efficiency  
 elegance  
 empathy  
 enjoyment  
 enthusiasm  
 entrepreneurship  
 equality  
 excellence  
 excitement  
 expertise  
 exploration  
 expressiveness  
 fairness  
 faith  
 Family  
 Fidelity  
 Fitness  
 flexibility  
 Fluency  
 Focus  
 Freedom  
 Friendship  
 Fun  
 generosity  
 Goodness  
 Grace  
 Greatness  
 Gratitude  
 growth  
 happiness  
 hard work  
 health  
 helping others  
 holiness  
 honesty  
 honor  
 hope  
 Humility  
 humor  
 independence  
 Ingenuity  
 inner harmony  
 Innovation  
 inquisitiveness  
 Insightfulness  
 Integrity  
 Intelligence  
 intellectual status  
 intuition

Joy  
 Humility  
 humor  
 independence  
 Ingenuity  
 inner harmony  
 Innovation  
 inquisitiveness  
 Insightfulness  
 Integrity  
 Intelligence  
 intellectual status  
 intuition  
 Joy  
 Justice  
 Knowledge  
 Leadership  
 Legacy  
 Leisure  
 Love  
 Loyalty  
 Nature  
 Non-conformity  
 nurturance  
 making a difference  
 Mastery  
 Merit  
 Mindfulness  
 Moderation  
 monogamy  
 Obedience  
 Openness  
 Order  
 Originality  
 Passion  
 Partnership  
 patriotism  
 Perfection  
 personal responsibility  
 Piety  
 Pleasure  
 popularity  
 Positivity  
 Power  
 Purpose  
 Practicality  
 Preparedness  
 Prestige  
 Productivity  
 Professionalism  
 Prudence  
 Quality  
 Rationality  
 realism  
 Relationship  
 Reliability  
 Resourcefulness  
 Respect  
 responsibility

Restraint  
 Results-oriented  
 Rigor  
 Risk  
 Romance  
 Security  
 Self-acceptance  
 Self-actualization  
 Self-control  
 Self-esteem  
 self-knowledge  
 Selflessness  
 self-reliance  
 Sensitivity  
 Serenity  
 Service  
 sexuality  
 Shrewdness  
 Simplicity  
 solitude  
 Soundness  
 Speed  
 Spirituality  
 Spontaneity  
 Stability  
 Strategic  
 Strength  
 Structure  
 Success  
 Support  
 Temperance  
 thankfulness  
 Thoroughness  
 thoughtfulness  
 Timeliness  
 Tolerance  
 traditionalism  
 Tranquility  
 trustworthiness  
 truth-seeking  
 understanding  
 Uniqueness  
 Unity  
 Usefulness  
 Variety  
 Vision  
 Vitality  
 Virtue  
 Wealth  
 wisdom

