

Exploring Your Primary Values + Mind body Spirit Intentions

I find it helpful to name my primary values both for my overarching life or Life Vision and then for the life season I'm currently in. My big overarching values or "Big Rocks" play an important role in guiding the trajectory of my life but zooming in to get a little more precise about what I need and want or who I choose to be in THIS SEASON can help light the path ahead of me and help me identify my next steps or priorities.

This list is not all-encompassing – feel free to add your own ideas!

1. Use one color of pen/pencil crayon and circle the top 5 values that reflect the kind of person you want to be, your deepest motivation in life, or the kind of world you want to live in. These might be your "big rocks" or overarching life values. You may need to take a few passes at this to slowly narrow down your TOP values. I suggest doing the work until you can reduce your list to a max of 5 values.

2A. Use a different color of pen/pencil crayon now and circle the 3-5 values that feel most pressing or compelling or help express what you MOST need and want in THIS season of your life. These values will help you make decisions about who you spend time with, how you spend your money and energy, or what you say no to.

2B. In lieu of identifying your core values for this season of life, you might identify your Mind-Body-Spirit Intentions. This simply means choosing 3-5 words that help create a vivid and compelling mental and emotional picture for who and how you choose to BE in this season, or how you want to FEEL. These words then guide your choices and behaviour.

Accountability	Excellence	Perfection
Accuracy	Excitement	Piety
Achievement	Expertise	Positivity
Adventurousness	Exploration	Practicality
Altruism	Expressiveness	Preparedness
Ambition	Fairness	Professionalism
Assertiveness	Faith	Prudence
Balance	Family	Quality-orientation
Being the best	Fidelity	Reliability
Belonging	Fitness	Resourcefulness
Boldness	Fluency	Restraint
Calmness	Focus	Results-oriented
Carefulness	Freedom	Rigor
Challenge	Fun	Security

Cheerfulness	Generosity	Self-actualization
Clear-mindedness	Goodness	Self-control
Commitment	Grace	Selflessness
Community	Growth	Self-reliance
Compassion	Happiness	Sensitivity
Competitiveness	Hard Work	Serenity
Consistency	Health	Service
Contentment	Helping Society	Shrewdness
Continuous Improvement	Holiness	Simplicity
Contribution	Honesty	Soundness
Control	Honor	Speed
Cooperation	Humility	Spontaneity
Correctness	Independence	Stability
Courtesy	Ingenuity	Strategic
Creativity	Inner Harmony	Strength
Curiosity	Inquisitiveness	Structure
Decisiveness	Insightfulness	Success
Democraticness	Intelligence	Support
Dependability	Intellectual Status	Teamwork
Determination	Intuition	Temperance
Devoutness	Joy	Thankfulness
Diligence	Justice	Thoroughness
Discipline	Leadership	Thoughtfulness
Discretion	Legacy	Timeliness
Diversity	Love	Tolerance
Dynamism	Loyalty	Traditionalism
Economy	Making a difference	Trustworthiness
Effectiveness	Mastery	Truth-seeking
Efficiency	Merit	Understanding
Elegance	Obedience	Uniqueness
Empathy	Openness	Unity
Enjoyment	Order	Usefulness
Enthusiasm	Originality	Vision
Equality	Patriotism	Vitality