



# Engage with Intention

Values are the beliefs, attitudes and judgments that make up the basis of your decision-making and allow you to feel intentional about your choices. Those who values as guideposts are often the ones who most feel they are living a life of authenticity, impact and fulfillment.

Value types can be broken down into three subtypes:

- Extrinsic values are assigned by external factors and are typically associated with tangible conditions and rewards.
- Intrinsic values are less tangible, providing inner satisfaction and motivation. These values reflect what you stand for and how you show up.
- Lifestyle values are expressed in both work and leisure behavior patterns. They are the often experienced as the small choices that make a big difference in how one makes decisions.

Using the list below *only* as a guide, circle and identify ten values that resonate with you. Be sure to have a balance of the three types. Once you have identified your core values, write a vivid description of how each will be reflected by your actions. How will you know when you are living this value?

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Accomplishment	Empathy	Intensity	Recognition
Accuracy	Empowerment	Involvement	Religion
Action	Enthusiasm	Job tranquility	Resourcefulness
Activism	Excellence	Joy	Respect
Adaptability	Excitement	Knowledge	Risk Taking
Adventure	Expertise	Laughter	Romance
Affection	Exploration	Leadership	Self-control
Authenticity	Faith	Learning	Self-discipline
Autonomy	Fame	Listening	Self-Expression
Balance	Family	Love	Serenity
Beauty	Fast-paced work	Meaningful work	Service
Bravery	Financial gain	Music	Sexuality
Career	Flexibility	My country	Social change
Change	Focus	Nature	Spirituality
Collaboration	Freedom	Nutrition	Strength
Commitment	Friendship	Orderliness	Success
Communication	Fun	Participation	Supervising
Community	Harmony	Partnership	others
Companionship	Health and fitness	Passion	Travel
Compassion	Helping others	Patience	Trust
Competence	Honesty	Peace	Truth
Competition	Humility	Personal	Vitality
Creativity	Humor	Development	Vulnerability
Curiosity	Independence	Physical challenge	Wealth
Decisiveness	Influence	Power	Wisdom
Democracy	Inspiration	Practicality	Wit
Directness	Integrity	Privacy	Working alone
Ecological awareness	Intellectual Status	Productivity	Working with others
Elegance	Intellectual stimulation	Quality	
		Relationships	

