

This tool is simple and empowering. The simplicity is selecting your personal values, ones you hold most true in life. What's empowering is what you do with these values once defined.

PERSONAL VALUES			
Happiness	Tradition	Truth	Humor
Wisdom	Family	Courage	Grace
Respect	Learning	Beauty	Wonder
Trust	Love	Creativity	Connectedness
Integrity	Faith	Health	Optimism
Generosity	Friendliness	Helpfulness	Balance
Adventure	Gratitude	Inspiration	Recognition
Loyalty	Harmony	Success	Calm
Essence	Wealth	Satisfaction	Freedom
Quality	Sharing	Giving	Security
Safety	Justice	Adaptability	Compassion
Power	Simplicity	Mindfulness	Listening
Nurturing	Humanitarianism	Conquest	Patience
Moderation	Spirituality	Practicality	Service
Understanding	Devotion	Focus	Commitment
Organization	Imagination	Determination	Confidence
Flexibility	Purity	Openness	Kindness
Honor	Fun	Leadership	Tolerance
Cooperation	Perseverance	Honesty	Acceptance

Based on the exercises found within the book, Finding Passion by Jessica Manca.