

Summer Wellness Challenge



Exploring Purpose

Clarifying Values

Circle the values that are most important to you, then put a star by your top ten values.

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|----------------|--------------|-----------------|---------------------|
| Achievement | Adventure | Beauty | Balance |
| Being the best | Challenge | Comfort | Community |
| Courage | Fun | Harmony | Personal Growth |
| Relationships | Spirituality | Stability | Freedom |
| Social justice | Tradition | Respect | Variety |
| Productivity | Fitness | Friendship | Inner peace |
| Joy | Education | Environment | Empowerment |
| Collaboration | Creativity | Curiosity | Fairness |
| Family | Hard work | Honesty | Making a difference |
| Humor | Integrity | Health | Independence |
| Intelligence | Learning | Love | Openness |
| Power | Quiet | Responsibility | Teamwork |
| Trust | Wealth | Belonging | Authenticity |
| Leadership | Risk-Taking | Self-discipline | Service |
| Accountability | Loyalty | Empathy | Compassion |

If you had to narrow it down to just five values, what would they be:

1. _____ 2. _____ 3. _____

4. _____ 5. _____