

Glance over the list above just to get your brain started. Now move on to the questions below. Don't worry, you'll circle back to the list in a few minutes.

Not to be morbid, but think about what you would like said about you at your funeral. Write down four phrases that come to mind.

1. _____

2. _____

3. _____

4. _____

Now list a value that is represented by each phrase - _____

Think of someone you admire. Describe three things that cause you to feel this way about that person.

a.

b.

c.

Considering the values you uncovered in the questions above, make a quick pass over the list of values on the first page. Using a highlighter, select 20 - 25 values that resonate with you. Try not to overthink or pick what you "should" value but choose your first instinct. Below, group the highlighted values into no more than five groups. (ie. one group might be relationship, family, friendship, loyalty)

Group 1 _____

Group 2 _____

Group 3 _____

Group 4 _____

Group 5 _____

Last step. Now circle one value from each group that you feel best represents its group.
Great work, you now have a good idea of your top five values.