

Root Values Exercise

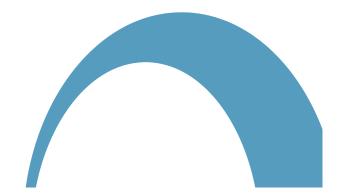
Instructions:

Review the following list of Root Values and circle your top 10 – the ones that resonate most deeply with you. Then narrow those 10 down to the 5 most essential Root Values that you deem most important. Discovering your 5 main Root Values will provide you with critical insights into your Goals (and the barriers that have kept you from achieving them), as well as Relationships and interactions with others, especially people with other Root Values. Keep your list of 5 Root Values handy – they are great for moments of self-discovery when you least expect them to occur.

Hints for finding your true Root Values:

- Think back to when you were younger (between grade school and high school age). Your true Root Values will remain essentially the same as they were back then.
- Think about times when an event or an interaction caused a strong sudden emotional reaction a reaction like that is often an indicator that a Root Value has been violated.
- Use your intuition trust your hunches.
- Choose Root Values that give you a peaceful, whole and fulfilled feeling when you experience them in your life.

There are no wrong answers. And no single list of values is comprehensive, so feel free to write in one or more additional values. Have fun with it – they are <u>your</u> Root Values!



Root Values List:

Abundance Curiosity Intensity **Decisiveness** Acceptance Intimacy Dedication Accessibility **Justice** Delight Accomplishment Learning Accountability **Democracy** Leadership Accuracy Dependability Loyalty Achievement Dignity **Openness**

Adventure Directness Order & tidiness

Ambition Discipline Perfection

Authority Discovery Personal Growth

Autonomy Diversity Pleasure
Beauty Economy Power
Belonging Education Practicality
Boldness Efficiency Privacy

Buoyancy Elegance Professionalism
Calm Environment Reliability
Celebrity/Fame Equality Resourcefulness

Excellence Certainty Respect Experience Safety Challenge **Family** Charity Security **Fidelity** Clarity Significance Cleverness **Flexibility** Simplicity Freedom Collaboration Spirituality Commitment Friendship Spontaneity

Communication Fun Stability Generosity Status Compassion Gratitude Competence Success Confidence Growth Tolerance Health Tradition Conformity **Trust** Connection Honesty

Consensus Honor Truth
Consistency Humility Unflappability
Control Humor Uniqueness
Conviction Impartiality Unity

CooperationIndependenceVitalityCourageIndividualityWisdomCourtesyInnovationWitCreativityIntegrityWonder

Credibility Intelligence ______