

## 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 your Root Values!



## Root Values List:

Abundance	Curiosity	Intensity
Acceptance	Decisiveness	Intimacy
Accessibility	Dedication	Justice
Accomplishment	Delight	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
Certainty	Excellence	Respect
Challenge	Experience	Safety
Charity	Family	Security
Clarity	Fidelity	Significance
Cleverness	Flexibility	Simplicity
Collaboration	Freedom	Spirituality
Commitment	Friendship	Spontaneity
Communication	Fun	Stability
Compassion	Generosity	Status
Competence	Gratitude	Success
Confidence	Growth	Tolerance
Conformity	Health	Tradition
Connection	Honesty	Trust
Consensus	Honor	Truth
Consistency	Humility	Unflappability
Control	Humor	Uniqueness
Conviction	Impartiality	Unity
Cooperation	Independence	Vitality
Courage	Individuality	Wisdom
Courtesy	Innovation	Wit
Creativity	Integrity	Wonder
Credibility	Intelligence	

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