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*Mindfulness Practice. Compassionate Action.*

## What do you Value?

Values are what you care about- the 'Why' behind everything that you do. To start to clarify what is important to you, **circle your top 10 values**. (Note: Be mindful of what YOU care about, not what you think you 'should' care about). Add any words that are missing for you at the bottom. Then rank those values in order, 1 being your highest value. Lastly, rate each of your values on a scale of 1-10 based on how well you currently live each value or "walk the talk."

Value	Value Ranking	Action Rating
Acceptance		
Accomplishment		
Achievement		
Adventure		
Awareness		
Commitment		
Communication		
Community		
Compassion		
Connection		
Creativity		
Family		
Fairness		
Flexibility		
Freedom		
Friendship		
Fulfillment		
Fun		
Growth		
Honesty		
Humor		
Integrity		
Joy		
Leadership		
Loyalty		
Nature		
Openness		
Partnership		
Professionalism		
Respect		
Religion		
Romance		
Security		
Self-care		
Service		
Sincerity		
Spirituality		
Trust		
Truth		