

# WHO I AM

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By process of elimination, cross out the values least important to you until you come up with your top 10 values

**Achievement:** Mastery  
**Advancement:** Growth  
**Adventure:** Excitement  
**Aesthetics:** Appreciation of beauty around you  
**Affiliation:** Belonging  
**Affluence:** High income  
**Authority:** Position of power  
**Autonomy:** Self reliance  
**Challenge:** Facing complex tasks  
**Change and variation:** Unpredictability  
**Collaboration:** Cooperative working relationships  
**Community:** Serving a purpose bigger than self  
**Competency:** Demonstrating high knowledge  
**Competition:** Rivalry with winning as the goal  
**Courage:** Standing up for your beliefs  
**Creativity:** Imagination  
**Diverse perspectives:** Unusual ideas that may not be right or popular at first  
**Duty:** Respect for authority, rules and regulations  
**Economic security:** Secure, low risk  
**Enjoyment:** Fun  
**Family:** Spending time with partner, children, parents  
**Friendship:** Close personal relationships  
**Health:** Physical and mental well-being  
**Helping others:** Teaching  
**Humor:** The ability to laugh at myself and at life  
**Influence:** Having an impact on attitudes of others  
**Inner harmony:** Happiness, being at peace with yourself  
**Justice:** Doing the right thing  
**Knowledge:** The pursuit of understanding skill and expertise  
**Location:** Choice of a place to live that is conducive to a desired lifestyle  
**Love:** Relationships, intimacy  
**Loyalty:** Faithfulness  
**Order:** Stability, routine  
**Personal development:** Dedication to maximize potential  
**Physical fitness:** Staying in shape through exercise and nutrition  
**Recognition:** Positive feedback  
**Responsibility:** Dependability  
**Self respect:** Self esteem  
**Spirituality:** Moral fulfillment  
**Status:** Being respected by a prestigious group or organization  
**Trustworthiness:** Sincere  
**Wisdom:** Sound knowledge based on experience, knowledge and understanding

PS: This is a great exercise to get to know people. I use this to better understand my family, my employees and friends.