

***LIVING
WITH
PURPOSE***

Compliments of:



PROJECT: IMPROVE ME!

FIND YOUR PURPOSE

From the following list of values, mark how important each one is to you.

Clarify Your Values

	Not Important	Important	Extremely Important
Accountability	_____	_____	_____
Achievement/Accomplishment	_____	_____	_____
Adapability	_____	_____	_____
Adventure/Excitement	_____	_____	_____
Asthetics/Beauty	_____	_____	_____
Altruism/Generosity/Sharing	_____	_____	_____
Autonomy/Independence	_____	_____	_____
Community	_____	_____	_____
Compassion	_____	_____	_____
Cooperation	_____	_____	_____
Courage	_____	_____	_____
Creativity/Creative Expression	_____	_____	_____
Determination/Persistence	_____	_____	_____
Effort/Hard Work/Productivity	_____	_____	_____
Emotional Security/Confidence	_____	_____	_____
Emotional Intelligence/Maturity	_____	_____	_____
Emotional Well-Being	_____	_____	_____
Empathy	_____	_____	_____
Family Life/Relationships	_____	_____	_____
Feeling of Choice/Inner Authority	_____	_____	_____
Freedom	_____	_____	_____
Friendship	_____	_____	_____
Health	_____	_____	_____
Honesty	_____	_____	_____
Humility/Modesty	_____	_____	_____
Integrity/Consistency	_____	_____	_____
Justice/Fairness	_____	_____	_____
Kindness	_____	_____	_____
Knowledge/Love of Learning	_____	_____	_____
Love	_____	_____	_____
Loyalty	_____	_____	_____

Clarify Your Values *continued*

	Not Important	Important	Extremely Important
Morality/Knows Right From Wrong	_____	_____	_____
Open Heart	_____	_____	_____
Open Mindedness/Curiosity	_____	_____	_____
Patience	_____	_____	_____
Pleasure	_____	_____	_____
Power	_____	_____	_____
Recognition/Praise	_____	_____	_____
Respect	_____	_____	_____
Responsibility	_____	_____	_____
Security/Safety	_____	_____	_____
Self-Discipline	_____	_____	_____
Skill/Mastery	_____	_____	_____
Spirituality/Religion	_____	_____	_____
Trust/Trustworthiness	_____	_____	_____
Wealth	_____	_____	_____
Wisdom/Insight	_____	_____	_____

◆ Choose 5 of the values you marked as "Extremely Important" - these are your core values.

Identify Your Essential Intentions

From your core values above, create five essential intentions to guide your daily life. You can use the values as they are or rephrase them in your own words. For example, if your value is "kindness," your intention might be "I intend to be kind in all my interactions." If "inner authority" is a core value, you might say, "I intend to value myself and remember that I always have choice." Intentions should be grounded in the present moment.

