

## The Art of Living a Life You Love

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Choose the four to seven words that best represent your core values and write them on the lines below.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

Look at the words you've chosen and notice how you *feel*. Do you feel good when you read them, say them, and think about them? Do they feel right to you?

If any of the words feel wrong to you, perhaps you've written what you think you *should* write on the list. Are the values yours, or are they values you have been told to believe you *should* put at the top of your list? What matters most to *you* is what goes on *your* list.

### **Take Action—Write From Your Heart!**

Get your journal, notebook, or a pad of paper and write about how you can express and enjoy your core values in your life.

Think about whether your top values are being met by the way you have been living your life. Notice where you might need to make some new choices to honor your core values.

## Core Values Quiz

Circle ten, or more, words from the following list. Next, from your top word choices, mark your 4-7 core values. Write your core values on page 20, and/or on some 3x5 cards and in your journal.

Abundance	Family	Playful
Achievement	Fitness	Prosperity
Adventure	Freedom	Quality
Art	Fun	Questions
Artistic	Giving	Reading
Attract	Grace	Responsible
Balance	Gratitude	Risk
Beauty	Growth	Romance
Calm	Harmony	Safety
Change	Health	Sensitivity
Choice	Honesty	Serenity
Coach	Humor	Sing
Color	Imagination	Social
Comfort	Inspire	Space
Communication	Integrity	Sparkle
Community	Intelligence	Spirit
Compassion	Joy	Sports
Connect	Kindness	Strong
Contribution	Laughter	Sun
Courage	Learn	Taste
Create	Listen	Teach
Creativity	Light	Thoughtful
Dance	Love	Touch
Delight	Mastery	Transform
Design	Model	Trust
Discover	Money	Truth
Drama	Move	Unique
Education	Music	Unity
Elegance	Noticing	Variety
Encourage	Nurture	Vision
Energize	Originality	Vitality
Energy	Passion	Warmth
Enjoy	Peaceful	Wealth
Entertain	Persevere	Wisdom
Enthusiasm	Personality	Wonder
Excitement	Plan	Words
Experience	Play	Write