



INTENTION *setting*

PART ONE: *setting the stage for intention setting* **DEFINING YOUR VALUES**

Because the idea of core values can be a newer concept, let's start with some basics:

WHAT'S IMPORTANT TO YOU?

HOW DO YOU WANT TO FEEL?



Now that you've got an idea of what is important to you, let's see how what you've written translates to your core values.

Circle as many values that stand out to you (at least twenty). Some of these words can have a lot of meanings, go with what resonate with you. If there are words you feel called to that aren't on this list, feel free to add them. This list continues onto the next page.

- | | | | | |
|----------------|---------------|------------------|-------------|---------------|
| ACCEPTANCE | CLEVER | DISCIPLINE | FIDELITY | HUMBLE |
| ACCESSIBILITY | COLLABORATION | DISCOVERY | FIERCE | HUMOR |
| ACCOMPLISHMENT | COMFORT | DIVERSITY | FITNESS | HYGIENE |
| ACCOUNTABILITY | COMMITMENT | DOWN-TO-EARTH | FLAIR | IMAGINATION |
| ACCURACY | COMMUNITY | DREAMING | FLEXIBILITY | IMPACT |
| ADVENTUROUS | COMPASSION | DRIVE | FLUENCY | INDEPENDENCE |
| AFFECTION | COMPOSURE | DUTY | FOCUS | INDIVIDUALITY |
| AGILITY | CONFIDENCE | EAGERNESS | FORESIGHT | INNOVATIVE |
| ALTRUISM | CONNECTION | EDUCATION | FORTITUDE | INQUISITIVE |
| AMBITION | CONSCIOUSNESS | EFFICIENCY | FREEDOM | INSIGHT |
| AMUSEMENT | CONTRIBUTION | ELEGANCE | FRIENDSHIP | INSPIRING |
| APPRECIATION | CONVICTION | EMPATHY | FRUGALITY | INTEGRITY |
| APPROACHABLE | COOPERATION | EMPOWERING | FUN | INTELLIGENCE |
| ASSERTIVENESS | COURAGE | ENCOURAGEMENT | GENEROSITY | INTENSITY |
| ATTENTIVENESS | CRAFTINESS | ENDURANCE | GENIUS | INTUITION |
| AVAILABLE | CREATIVITY | ENERGY | GIVING | INVENTION |
| AWARENESS | CREDIBILITY | ENJOYMENT | GOOD HUMOR | INVITING |
| BALANCE | CUNNING | ENTHUSIASM | GOODNESS | IRREVERENT |
| BEAUTY | CURIOSITY | ENTREPRENEURSHIP | GRACE | JOY |
| BELONGING | DARING | ENVIRONMENT | GRATITUDE | JUSTICE |
| BOLDNESS | DECISIVE | EQUALITY | GROWTH | KINDNESS |
| BRAVERY | DEDICATION | ETHICAL | GUIDANCE | KNOWLEDGE |
| BRILLIANT | DELIGHT | EXCELLENCE | HAPPINESS | LEADERSHIP |
| CALMNESS | DEMOCRATIC | EXCITEMENT | HARD WORK | LEARNING |
| CAPABLE | DEPENDABILITY | EXPLORATION | HARMONY | LIBERTY |
| CAREFULNESS | DEPTH | EXPRESSIVE | HEALTH | LISTENING |
| CARING | DETERMINATION | FAIRNESS | HEART | LIVELY |
| CERTAINTY | DEVELOPMENT | FAITH | HELPFUL | MYSTERY |
| CHALLENGE | DEVOTION | FAMILY | HONESTY | NEATNESS |
| CHANGE | DIFFERENT | FAST | HONOR | OBEDIENCE |
| CHEERFUL | DIGNITY | FEARLESS | HOPEFUL | OPEN |
| CLEAR-MINDED | DILIGENCE | FEELINGS | HOSPITALITY | OPTIMISM |



Table with 5 columns of values: LEADERSHIP, LEARNING, LIBERTY, LISTENING, LIVELY, LOGIC, LONGEVITY, LOVE, LOYALTY, MASTERY, MEANING, MINDFUL, MODERATION, MODESTY, MOTIVATION, MYSTERY, NEATNESS, OBEDIENCE, OPEN, OPTIMISM, ORDER, ORGANIZATION, ORIGINALITY, OUTRAGEOUS, PARTNERSHIP, PASSION, PATIENCE, PEACE, PEOPLE, PERCEPTIVE, PERFORMANCE, PERSEVERANCE, PERSISTENCE, PERSONAL GROWTH, PERSUASIVE, PHILANTHROPY, PLAYFULNESS, POISE, POLISH, POPULARITY, POSITIVE, POSITIVITY, POTENCY, POTENTIAL, POWER, POWERFUL, PRACTICAL, PRECISE, PREPARED, PRESENT, PRESERVATION, PRIDE, PRIVACY, PROACTIVE, PRODUCTIVITY, PROFESSIONALISM, PROGRESS, PROSPERITY, PRUDENCE, PUNCTUALITY, PURPOSE, PURSUE, PURSUIT, QUALITY, RATIONAL, REALISTIC, REASON, RECOGNITION, REFINED, REFLECTIVE, RELATIONSHIPS, RELAXATION, RELIABILITY, RESILIENCE, RESOURCEFUL, RESPECT, RESPONSIBILITY, REST, RESTRAINT, RESULTS, RIGOR, RISK, RISK TAKING, RULE OF LAW, SAFETY, SATISFACTION, SECURITY, SELF AWARENESS, SELF MOTIVATION, SELF-RELIANCE, SELFLESS, SENSE OF HUMOR, SENSITIVITY, SERENITY, SERIOUS, SERVICE, SHARING, SHREWD, SIGNIFICANCE, SILENCE, SILLINESS, SIMPLICITY, SINCERITY, SKILL, SKILLFULNESS, SMART, SOLITUDE, SPEED, SPIRIT, SPIRITUALITY, SPONTANEOUS, STABILITY, STEALTH, STEWARDSHIP, STRENGTH, STRUCTURE, SUCCESS, SUPPORT, SURPRISE, SUSTAINABILITY, SYMPATHY, SYNERGY, TALENT, TEAMWORK, TEMPERANCE, THANKFUL, THOROUGH, THOUGHTFUL, TIMELINESS, TIMELY, TOLERANCE, TOUGH, TRADITIONAL, TRANQUILITY, TRANSPARENCY, TRUST, TRUTH, UNDERSTANDING, UNIQUE, UNITY, UNIVERSAL, USEFUL, UTILITY, VALOR, VALUE, VARIETY, VICTORY, VIGOR, VIRTUE, VISION, VITALITY, WARMTH, WATCHFULNESS, WEALTH, WELCOMING, WILLFULNESS, WINNING, WISDOM, WONDER, WORK/LIFE BALANCE

After your first pass, look at your circled values and star ten that mean the most to you right now, in this season of your life.

Out of those ten, can you narrow it down to five that fit the most right now?



WRITE THOSE FIVE VALUES BELOW.

WHAT DO THOSE WORDS MEAN TO YOU?

If you find yourself at a decision, event, uncertainty, anything where you want to feel confident in your actions, think about these five values.

DOES THE THING YOU WANT CLARITY ON ALIGN WITH ALL OR ANY OF YOUR VALUES?

ARE YOU OKAY WITH DECIDING ON SOMETHING THAT'S NOT ALIGNED WITH YOUR VALUES?

DO YOUR VALUES NEED TO ADJUST?

There are no hard and fast right or wrong answers, just answers that work for you and what's important to you. That could mean saying no to something you would normally say yes to, or giving yourself permission to say yes to something that scares you. That could mean adjusting your values. That could mean doing one of two things out of alignment with your values, and being very clear on why you made that decision.

Whatever you decide, it's all okay.



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WHAT DO YOU WANT OR NEED RIGHT NOW?



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IS THIS THE RIGHT TIME FOR YOU TO SET INTENTIONS?