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# Self-Growth Journey

Heart

Body

Life

Mind

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**Creating the Amazing Life That You Deserve**

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This worksheet is a part of the  
**Self-Growth Journey™ Program.**

To read more about the program or to  
download the full package, visit:

<https://iulianionescu.com/self-growth-journey/>



# Instructions

1. Read each value in the list, and if you believe it represents something important to you, put a checkmark next to it.
2. Go through the list again, focusing only on the items you selected, and cross out any that are too similar. Only keep the one that resonates the most or combine their name.
3. Focus only on the remaining selected items once more. For those that are very important to you, add a second checkmark.
4. Repeat step 3 but focus only on those with two checkmarks. When you encounter one that you feel is of paramount importance to you, add the third checkmark.
5. Copy all items with three checkmarks on the next page. If you have more than 15, leave off the ones that are of least importance. If you have less than 15, add a few with only two checkmarks.
6. Reread the final list and decide if any other values still need to be combined.



# Instructions, continued

7. Rank the values by their importance using the rank column.
8. Use the following worksheets to document the Top 10 values. Explain how you define those values and why they are important to you.

***Note:** Feel free to combine and rewrite the values. The list provided is not all-inclusive. You can add as many values as you need that are meaningful to you.*

***Note:** To assess if a value is important to you, depending on how the value is written, ask the questions:*

- *Is \_\_\_\_\_ important to me? or*
- *Is being \_\_\_\_\_ important to me?*



Value	My Value?		
Acceptance			
Accomplishment			
Accountability			
Accuracy			
Achievement			
Adaptability			
Adventure			
Aggressiveness			
Alertness			
Altruism			
Ambition			
Amusement			
Assertiveness			
Attentiveness			
Authenticity			
Authority			
Autonomy			
Awareness			
Balance			
Beauty			

Value	My Value?		
Boldness			
Bravery			
Brilliance			
Calm			
Candor			
Capability			
Carefulness			
Certainty			
Challenge			
Charity			
Cleanliness			
Clear			
Cleverness			
Comfort			
Commitment			
Common Sense			
Communication			
Community			
Compassion			
Competence			



Value	My Value?		
Concentration			
Confidence			
Connection			
Consciousness			
Conservatism			
Consistency			
Contentment			
Contribution			
Control			
Conviction			
Cooperation			
Courage			
Courtesy			
Creativity			
Credibility			
Curiosity			
Decisiveness			
Dedication			
Dependability			
Determination			

Value	My Value?		
Development			
Devotion			
Dignity			
Discipline			
Discovery			
Drive			
Economy			
Effectiveness			
Efficiency			
Empathy			
Empowering			
Endurance			
Energy			
Enjoyment			
Enthusiasm			
Equality			
Equanimity			
Essentialism			
Ethical			
Excellence			



Value	My Value?		
Experience			
Exploration			
Expressiveness			
Fairness			
Faith			
Fame			
Family			
Fearlessness			
Feelings			
Ferociousness			
Fidelity			
Fitness			
Focus			
Foresight			
Fortitude			
Freedom			
Friendship			
Fun			
Generosity			
Genius			

Value	My Value?		
Giving			
Goodness			
Grace			
Gratitude			
Greatness			
Growth			
Happiness			
Hard Work			
Harmony			
Health			
Honesty			
Honor			
Hope			
Humility			
Humor			
Imagination			
Improvement			
Independence			
Individuality			
Influence			



Value	My Value?		
Inner Harmony			
Innovation			
Inquisitiveness			
Insightful			
Inspiring			
Integrity			
Intelligence			
Intensity			
Intimacy			
Intuitive			
Irreverent			
Joy			
Justice			
Kindness			
Knowledge			
Lawful			
Leadership			
Learning			
Liberty			
Logic			

Value	My Value?		
Love			
Loyalty			
Mastery			
Maturity			
Meaning			
Moderation			
Motivation			
Multitasking			
Openness			
Oppression			
Optimism			
Order			
Organization			
Originality			
Passion			
Patience			
Peace			
Performance			
Persistence			
Playfulness			



Value	My Value?		
Pleasure			
Poise			
Popularity			
Potential			
Power			
Present			
Productivity			
Professionalism			
Prosperity			
Purpose			
Quality			
Realism			
Reason			
Recognition			
Recreation			
Reflectiveness			
Religion			
Reputation			
Respect			
Responsibility			

Value	My Value?		
Restraint			
Results-oriented			
Reverence			
Rigor			
Risk			
Satisfaction			
Security			
Selflessness			
Self-Reliance			
Self-Respect			
Sensitivity			
Serenity			
Service			
Sharing			
Shrewdness			
Significance			
Silence			
Simplicity			
Sincerity			
Skill			





Value	My Value?		
Skillfulness			
Smart			
Solitude			
Spirit			
Spirituality			
Spontaneity			
Stability			
Status			
Stewardship			
Strength			
Structure			
Success			
Support			
Surprise			
Sustainability			
Talent			
Teamwork			
Temperance			
Thankfulness			
Thoroughness			

Value	My Value?		
Thoughtful			
Timeliness			
Tolerance			
Toughness			
Traditionality			
Tranquility			
Transparency			
Trust			
Trustworthiness			
Truth			
Understanding			
Uniqueness			
Unity			
Valor			
Victory			
Vigor			
Vision			
Vitality			
Wealth			
Welcoming			



Value	My Value?		
Will			
Winning			
Wisdom			
Wonder			

Value	My Value?		





<b>Top Value #1</b>	
<b>Definition</b>	
<b>WHY</b>	

<b>Top Value #2</b>	
<b>Definition</b>	
<b>WHY</b>	



<b>Top Value #3</b>	
<b>Definition</b>	
<b>WHY</b>	

<b>Top Value #4</b>	
<b>Definition</b>	
<b>WHY</b>	



<b>Top Value #5</b>	
<b>Definition</b>	
<b>WHY</b>	

<b>Top Value #6</b>	
<b>Definition</b>	
<b>WHY</b>	



<b>Top Value #7</b>	
<b>Definition</b>	
<b>WHY</b>	

<b>Top Value #8</b>	
<b>Definition</b>	
<b>WHY</b>	



<b>Top Value #9</b>	
<b>Definition</b>	
<b>WHY</b>	

<b>Top Value #10</b>	
<b>Definition</b>	
<b>WHY</b>	





# My Narrative

*What do you think this list of values says about you?*

A large grid of dots for writing, consisting of 20 rows and 50 columns of small grey dots.