



# ENABLE EXERCISE #16

## My Core Values

You ARE your values and they drive your personal and professional goals. Values are what you are naturally inclined or eager to do. Circle the 10 values that *most* appeal to you.

<p><b>To Explore</b> Risk The Unknown Thrill Danger Speculation Dare Gamble Endeavor Quest Experiment Exhilaration Venture</p>	<p><b>To Contribute</b> Serve Improve Augment Assist Endow Strengthen Facilitate Minister to Grant Provide Foster Assist</p>	<p><b>To Feel</b> Emote to experience Sense To glow To feel good Be with Energy flow In touch with sensations</p>
<p><b>To Appreciate</b> Grace Refinement Elegance Attractiveness Loveliness Radiance Magnificence Gloriousness Taste</p>	<p><b>To Create</b> Design Invent Synthesize Imagination Ingenuity Originality Conceive Plan Build Perfect Assemble Inspire</p>	<p><b>To Lead</b> Guide Inspire Influence Cause Arouse Interest Reign Govern Rule Persuade Encourage Model</p>
<p><b>To Catalyze</b> Impact Move forward Touch Turn on Motivate others Coach Spark Encourage Influence Stimulate Energize Alter</p>	<p><b>To Discover</b> Learn Detect Perceive Locate Realize Uncover Discern Distinguish Observe</p>	<p><b>To Master</b> Expert Dominate field Adept Superiority Primacy Preeminence Greatest Best Outdo Set standards Excellence</p>

<p><b>To Seek Pleasure</b></p> <p>Have fun Be hedonistic Sex Sensual Life Satisfaction Be amused Be entertained Play games Sports</p>	<p><b>To Be Sensitive</b></p> <p>Tenderness Touch Perceive Be present Empathize Support Show compassion Respond See</p>	<p><b>To Teach</b></p> <p>Educate Instruct Enlighten Inform Prepare Edify Prime Uplift Explain</p>
<p><b>To Relate</b></p> <p>Be connected Part of community Family To unite others To nurture Be linked to others Be bonded Be integrated Be with others</p>	<p><b>To Be Spiritual</b></p> <p>Be aware Be accepting Be awake Relate with God Devoting Honoring Be passionate Religious</p>	<p><b>To Win</b></p> <p>Prevail Accomplish Attain Score Acquire Win over Triumph Predominate Attract</p>

## **Part II INTERPRETATION**

- If you need it to be happy, it's a *need*, not a value
- If you're doing it in order to get something else, it is not a value
- If you want it, but it doesn't come easily, it's probably a *should*
- Please add more, or edit, to bring your core value list to a total of 5

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_