\bigcirc	My	y current value	s					
	Values I would like to develop					DATE:		
\bigcirc		Acceptance	\bigcirc	Diligence	\bigcirc	Initiative	\bigcirc	Reflection
\bigcirc		Accountability	\bigcirc	Directness	\bigcirc	Innovation	\bigcirc	Reliability
\bigcirc		Achievement	$\bigcirc \square$	Discipline	$O\Box$	Integrity	\bigcirc	Resilience
\bigcirc		Adaptability	\bigcirc	Discretion	\bigcirc	Intelligence	\bigcirc	Respect
\bigcirc		Adventure	\bigcirc	Diversity	\bigcirc	Intimacy	\bigcirc	Responsibility
\bigcirc		Aesthetics	\bigcirc	Drive	\bigcirc	Introversion	\bigcirc	Restrain
\bigcirc		Ambition	\bigcirc	Elegance	\bigcirc	Intuitiveness	\bigcirc	Romance
\bigcirc		Approachability	\bigcirc	Empathy	\bigcirc	Justice	\bigcirc	Sacrificing
\bigcirc		Attentiveness	\bigcirc	Encouragement	\bigcirc	Kindness	\bigcirc	Security
\bigcirc		Authenticity	\bigcirc	Endurance	\bigcirc	Knowledge	\bigcirc	Self-care
\bigcirc		Belief	\bigcirc	Energy	\bigcirc	Leadership	\bigcirc	Self-confidence
\bigcirc		Brilliance	\bigcirc	Enthusiasm	\bigcirc	Logic	\bigcirc	Self-control
\bigcirc		Calmness	\bigcirc	Equality	\bigcirc	Love	\bigcirc	Sensitivity
\bigcirc		Caution	\bigcirc	Exploration	\bigcirc	Mastery	\bigcirc	Serenity
\bigcirc		Challenge	\bigcirc	Extroversion	\bigcirc	Maturity	\bigcirc	Sexuality
\bigcirc		Change	\bigcirc	Faith	\bigcirc	Mindfulness	\bigcirc	Sharing
\bigcirc		Cleanliness	\bigcirc	Faithfulness	\bigcirc	Modesty	\bigcirc	Skilfulness
\bigcirc		Cleverness	\bigcirc	Fearlessness	\bigcirc	Motivation	\bigcirc	Solidarity
\bigcirc		Comfort	\bigcirc	Fierceness	\odot	Open-mindedness	\bigcirc	Speed
\bigcirc		Commitment	\bigcirc	Fitness	\bigcirc	Optimism	\bigcirc	Spirituality
\bigcirc		Competence	\bigcirc	Flexibility	$\bigcirc \square$	Order	\bigcirc	Spontaneity
\bigcirc		Concentration	\bigcirc	Forgiveness	\bigcirc	Originality	\bigcirc	Stability
\bigcirc		Confidence	\bigcirc	Freedom	\bigcirc	Passion	\bigcirc	Strength
\bigcirc		Conformity	\bigcirc	Fun	\bigcirc	Patience	\bigcirc	Success
\bigcirc		Connection	$\bigcirc \square$	Generosity	$\bigcirc \square$	Peacefulness	\bigcirc	Support
\bigcirc		Consistency	\bigcirc	Gratitude	\bigcirc	Perfection	\bigcirc	Sympathy
\bigcirc		Contribution	\bigcirc	Growth	\bigcirc	Persistence	\bigcirc	Teamwork
\bigcirc		Courage	\bigcirc	Happiness	\bigcirc	Persuasiveness	\bigcirc	Thrift
\bigcirc		Craftiness	\bigcirc	Harmony	\bigcirc	Philanthropy	\bigcirc	Tolerance
\bigcirc		Creativity	\bigcirc	Health	\bigcirc	Playfulness	\bigcirc	Trust
\bigcirc		Cunning	\bigcirc	Helpfulness	\bigcirc	Pleasure	\bigcirc	Understanding
\bigcirc		Curiosity	\bigcirc	Honesty	$\bigcirc \square$	Power	\bigcirc	Unity
\bigcirc		Daring	\bigcirc	Honour	$\bigcirc \square$	Preparedness	\bigcirc	Vitality
\bigcirc		Decisiveness	\bigcirc	Humility	\bigcirc	Privacy	\bigcirc	Wealth
\bigcirc		Dedication	\bigcirc	Humour	$O\square$	Purposeful	\bigcirc	Wisdom
\bigcirc		Dependability	\bigcirc	Imagination	\bigcirc	Rational	\bigcirc	Wittiness
\bigcirc		Devotion	\bigcirc	Independence	$O\Box$		\bigcirc	

Describe yourself, using "I am" & the adjectives of your three most important values.