

THE VALUES EXERCISE

Here's my other favorite brainstorming exercise and it'll help you figure out the second half of your essay in about five minutes.

To begin, pick your top 10 values from the list below.

- | | | |
|---|--|--|
| <input type="checkbox"/> personal development | <input type="checkbox"/> wealth | <input type="checkbox"/> courage |
| <input type="checkbox"/> recognition | <input type="checkbox"/> creativity | <input type="checkbox"/> self-love |
| <input type="checkbox"/> accountability | <input type="checkbox"/> knowledge | <input type="checkbox"/> ritual |
| <input type="checkbox"/> inspiration | <input type="checkbox"/> inclusion | <input type="checkbox"/> purpose |
| <input type="checkbox"/> music | <input type="checkbox"/> curiosity | <input type="checkbox"/> privacy |
| <input type="checkbox"/> helping others | <input type="checkbox"/> gratitude | <input type="checkbox"/> freedom |
| <input type="checkbox"/> peace | <input type="checkbox"/> faith | <input type="checkbox"/> quiet |
| <input type="checkbox"/> diversity | <input type="checkbox"/> communication | <input type="checkbox"/> compassion |
| <input type="checkbox"/> expertise | <input type="checkbox"/> interdependence | <input type="checkbox"/> cooperation |
| <input type="checkbox"/> vulnerability | <input type="checkbox"/> efficiency | <input type="checkbox"/> growth |
| <input type="checkbox"/> global awareness | <input type="checkbox"/> stability | <input type="checkbox"/> authenticity |
| <input type="checkbox"/> hunger | <input type="checkbox"/> humor | <input type="checkbox"/> practicality |
| <input type="checkbox"/> my country | <input type="checkbox"/> truth | <input type="checkbox"/> nature |
| <input type="checkbox"/> sleep | <input type="checkbox"/> order | <input type="checkbox"/> objectivity |
| <input type="checkbox"/> productivity | <input type="checkbox"/> excellence | <input type="checkbox"/> leadership |
| <input type="checkbox"/> intuition | <input type="checkbox"/> religion | <input type="checkbox"/> wisdom |
| <input type="checkbox"/> culture | <input type="checkbox"/> beauty | <input type="checkbox"/> respect |
| <input type="checkbox"/> healthy boundaries | <input type="checkbox"/> meaningful work | <input type="checkbox"/> strength |
| <input type="checkbox"/> second chances | <input type="checkbox"/> trust | <input type="checkbox"/> flexibility |
| <input type="checkbox"/> listening | <input type="checkbox"/> self-expression | <input type="checkbox"/> financial stability |
| <input type="checkbox"/> family | <input type="checkbox"/> fun | <input type="checkbox"/> empathy |
| <input type="checkbox"/> excitement | <input type="checkbox"/> rationality | <input type="checkbox"/> belonging |
| <input type="checkbox"/> travel | <input type="checkbox"/> democracy | <input type="checkbox"/> equity |
| <input type="checkbox"/> adventure | <input type="checkbox"/> self-control | <input type="checkbox"/> resourcefulness |
| <input type="checkbox"/> laughter | <input type="checkbox"/> balance | <input type="checkbox"/> decisiveness |
| <input type="checkbox"/> entrepreneurship | <input type="checkbox"/> adaptability | <input type="checkbox"/> competence |
| <input type="checkbox"/> wonder | <input type="checkbox"/> success | <input type="checkbox"/> collaboration |
| <input type="checkbox"/> health and fitness | <input type="checkbox"/> independence | <input type="checkbox"/> spirituality |
| <input type="checkbox"/> love | <input type="checkbox"/> variety | <input type="checkbox"/> social change |
| <input type="checkbox"/> close relationships | <input type="checkbox"/> community | <input type="checkbox"/> honesty |
| <input type="checkbox"/> humility | <input type="checkbox"/> patience | <input type="checkbox"/> mindfulness |
| <input type="checkbox"/> art | <input type="checkbox"/> challenges | <input type="checkbox"/> grace |
| <input type="checkbox"/> responsibility | <input type="checkbox"/> autonomy | <input type="checkbox"/> _____ |
| <input type="checkbox"/> safety | <input type="checkbox"/> loyalty | <input type="checkbox"/> _____ |



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Next, Pick your Top 5 Values.

- _____
- _____
- _____
- _____
- _____

Once you have those, pick your Top 3.

- _____
- _____
- _____

And then, yes, pick your #1 value. Remember that you're not losing any of the others, you're just picking the most important value for you today.

- _____



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