

WHAT DO I VALUE?

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

- | | | |
|---|---|--|
| <input type="checkbox"/> community | <input type="checkbox"/> expertise | <input type="checkbox"/> competence |
| <input type="checkbox"/> inspiration | <input type="checkbox"/> order | <input type="checkbox"/> practicality |
| <input type="checkbox"/> money | <input type="checkbox"/> privacy | <input type="checkbox"/> creativity |
| <input type="checkbox"/> intellect | <input type="checkbox"/> self expression | <input type="checkbox"/> excitement |
| <input type="checkbox"/> status | <input type="checkbox"/> stability | <input type="checkbox"/> collaboration |
| <input type="checkbox"/> financial gain | <input type="checkbox"/> art | <input type="checkbox"/> social change |
| <input type="checkbox"/> laughter | <input type="checkbox"/> autonomy | <input type="checkbox"/> beauty |
| <input type="checkbox"/> serenity | <input type="checkbox"/> risk | <input type="checkbox"/> ecological awareness |
| <input type="checkbox"/> physical challenge | <input type="checkbox"/> balance | <input type="checkbox"/> quality relationships |
| <input type="checkbox"/> responsibility | <input type="checkbox"/> self-discipline | <input type="checkbox"/> travel |
| <input type="checkbox"/> competition | <input type="checkbox"/> courage | <input type="checkbox"/> decisiveness |
| <input type="checkbox"/> career | <input type="checkbox"/> family | <input type="checkbox"/> curiosity |
| <input type="checkbox"/> fame | <input type="checkbox"/> empathy | <input type="checkbox"/> spirituality |
| <input type="checkbox"/> working with others | <input type="checkbox"/> working alone | <input type="checkbox"/> loyalty |
| <input type="checkbox"/> freedom | <input type="checkbox"/> humility | <input type="checkbox"/> honesty |
| <input type="checkbox"/> security | <input type="checkbox"/> efficiency | <input type="checkbox"/> independence |
| <input type="checkbox"/> strength | <input type="checkbox"/> intensity | <input type="checkbox"/> supervising others |
| <input type="checkbox"/> self-control | <input type="checkbox"/> health and fitness | <input type="checkbox"/> recognition |
| <input type="checkbox"/> hunger | <input type="checkbox"/> meaningful work | <input type="checkbox"/> accountability |
| <input type="checkbox"/> personal development | <input type="checkbox"/> my country | <input type="checkbox"/> democracy |
| <input type="checkbox"/> trust | <input type="checkbox"/> music | <input type="checkbox"/> close relationships |
| <input type="checkbox"/> faith | <input type="checkbox"/> truth | <input type="checkbox"/> religion |
| <input type="checkbox"/> involvement | <input type="checkbox"/> resourcefulness | <input type="checkbox"/> respect |
| <input type="checkbox"/> adventure | <input type="checkbox"/> challenges | <input type="checkbox"/> bravery |
| <input type="checkbox"/> vulnerability | <input type="checkbox"/> commitment | <input type="checkbox"/> communication |
| <input type="checkbox"/> adaptability | <input type="checkbox"/> leadership | <input type="checkbox"/> change and variety |
| <input type="checkbox"/> friendship | <input type="checkbox"/> helping others | <input type="checkbox"/> compassion |
| <input type="checkbox"/> excellence | <input type="checkbox"/> influence | <input type="checkbox"/> nature |
| <input type="checkbox"/> job tranquility | <input type="checkbox"/> wit | <input type="checkbox"/> _____ |
| <input type="checkbox"/> power | <input type="checkbox"/> success | <input type="checkbox"/> _____ |
| <input type="checkbox"/> passion | <input type="checkbox"/> patience | <input type="checkbox"/> _____ |
| <input type="checkbox"/> cooperation | <input type="checkbox"/> listening | <input type="checkbox"/> _____ |
| <input type="checkbox"/> affection | <input type="checkbox"/> diversity | <input type="checkbox"/> _____ |
| <input type="checkbox"/> wisdom | <input type="checkbox"/> love | <input type="checkbox"/> _____ |
| <input type="checkbox"/> knowledge | <input type="checkbox"/> fast-paced work | <input type="checkbox"/> _____ |
| <input type="checkbox"/> growth | <input type="checkbox"/> nutrition | <input type="checkbox"/> _____ |



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Brainstorming What Is Important To You

THE VALUES EXERCISE

Now pick your Top 5.

- _____
- _____
- _____
- _____
- _____

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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