

**Identify and circle your top 5 core values:**

- strong work ethic
- responsibility
- positive outlook
- adaptability
- integrity
- dependability
- reliability
- commitment
- honesty
- efficiency
- open-mindedness
- creativity
- loyalty
- innovation
- humor
- compassion
- courage
- patriotism
- optimism
- fitness
- perseverance
- team player
- motivated
- education
- respect for rules
- service to others
- good health
- kindness
- wise speech
- wise action
- wise livelihood
- Other:

**Discuss how each of your 5 impacts your day to day life? Have your values changed or evolved over the course of your adult life? How do your values support your meditation practice and your spiritual path?**

