

Deserted Island & Top 5

If you were stuck on a deserted island ...

An easy way to define our top values is to ask ourselves following question: If you were stuck on a deserted island and could only have five values, what would they be?

First take the time to write down some of the experiences, personality traits, influences, and aspirations that define you. This may help guide you in picking five top values.

Experiences

Influences

Aspirations

Style & Personality

Profit Center by Liana Lehman
Lesson 1: Make it Personal & Goal-Oriented

Top 5

Listed below are some values for you to take into consideration. This may help guide you in picking five top values. We say only five because most of us will value a majority of these but what defines us are the ones that are most important to us – the ones that, if you took them away, you would not be you! So ask yourself the deserted island question and put some serious thought into it.

(circle your top five)

Accomplishment
Adventure
Authenticity
Beauty
Being Acknowledged
Being Free-Spirited
Being Known
Collaboration
Community
Competition
Camaraderie
Connection
Contribution
Creativity
Diversity
Excellence
Faith
Family
Financial Security
Free Will

Fun
Health/Well Being
Honesty
Humor
Independence
Integrity
Intimacy
Joy
Justice
Leadership
Learning
Love
Loyalty
Mastery
Meaning
Moderation
Mystery
Nature
Nurturing
Orderliness

Participation
Partnership
Peace
Productivity
Relationships
Resilience
Resourcefulness
Responsibility
Risk Taking
Romance
Self-Discipline
Service
Spirituality
Success
Tenacity
Tradition
Trust
Vitality

When you're done, copy your five core values onto note cards or stickies and decorate your home and office with them so you will be constantly reminded of these. See how much easier it is to make decisions - in both business and life - with these in mind!