

# Self-Reflection Handout

Year - 2025

# Let's get Mining!

## Instructions

1. Circle all items that seem important to you (don't circle the CAPITALIZED words)
2. Wait 1-2 days & review the lists
3. Change what seems more right now (if anything)
4. Mark 5-10 of those you circled that are absolutely crucial to you
5. This way you have discovered your values & core values

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# Mine Your Values!

## ADVENTURE

Risk  
The unknown  
Thrill  
Danger  
Speculation  
Dare  
Gamble  
Endeavor  
Quest  
Experiment  
Exhilaration  
Venture

*CATALYZE*

- Impact
- Move forward
- Touch
- Turn on
- Free others
- Coach
- Spark
- Encourage
- Influence
- Stimulate
- Energize
- Alter

*BEAUTY*

Grace  
Refinement  
Elegance  
Attractiveness  
Loveliness  
Radiance  
Magnificence  
Gloriousness  
Taste

*BE SPIRITUAL*

Be aware  
Be accepting  
Be awake  
Relate w/God  
Devoting Holy  
Honoring  
Be passionate  
Religious

*PLEASURE*

Have fun  
Be hedonistic  
Sex  
Sensual Bliss  
Be amused  
Be  
entertained  
Play games  
Sports

### TO TEACH

Educate  
Instruct  
Enlighten  
Inform  
Prepare  
Edify  
Prime  
Uplift  
Explain

*TO DISCOVER*

Learn Detect  
Perceive  
Locate  
Realize  
Uncover  
Discern  
Distinguish  
Observe

*TO CONTRIBUTE*

Serve  
Improve Augment  
Assist  
Endow Strengthen  
Facilitate Minister  
to Grant  
Provide  
Foster /  
Assist p

*TO CREATE*

Design Invent  
Synthesize  
Imagination  
Ingenuity  
Originality  
Conceive Plan  
Build Perfect  
Assemble  
Inspire

*MASTERY*

Expert  
Rule field  
Adept  
Dominate field  
Superiority  
Primacy  
Preeminence  
Greatest  
Best  
Out do  
Set standards  
Excellence

*TO WIN*

Prevail  
Accomplish  
Attain  
Score Acquire  
Win over  
Triumph  
Predominate  
Attract

## INTEGRITY

- Be Honest
- Be Consistent
- Be Reliable
- Walk the Talk
- Keep others' secrets

*BE SENSITIVE*

- Tenderness
- Touch
- Perceive
- Be present
- Empathize
- Support
- Show compassion
- Respond
- See

*TO RELATE*

Be connected  
Part of  
community  
Family  
To unite  
To nurture  
Be linked  
Be bonded  
Be integrated  
Be with

*TO LEAD*

Guide  
Inspire  
Influence  
Cause  
Arouse  
Enlist  
Reign  
Govern  
Rule  
Persuade  
Encourage  
Model

*TO FEEL*

Emote  
To experience  
Sense  
To glow  
To feel good  
Be with Energy  
Flow  
In touch with  
Sensations

## ***Your Values***

[illegible]

Let's make your values  
conscious

**Ready to talk more?**

**Drop us an email!**

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