

# Balance Wheel Values

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

To complete the value wheel, select up to eight values that you hold sacred in your life and fill in the boxes above. If several values group together to form a value category, place them in the same box.

Rank each value or value category with a number from 1-10: How well are you honoring that value in your life today?

Given what you know about you, about how you feel when you are and are not honoring that value, about your goals and dreams and how each value merges with them, rank each value again in a new color: How **MUST** you honor this value in order to live whole, passionately, free, creatively, joyously?

Humor	Participation
Directness	Performance
Partnership	Collaboration
Productivity	Community
Service	Personal Power
Contribution	Freedom to Choose
Excellence	Connectedness
Free Spirit	Acknowledgment
Focus	Comradeship
Romance	Lightness
Recognition	Spirituality
Harmony	Empowerment
Accomplishment	Full Self-Expression
Orderliness	Integrity
Forward the Action	Creativity
Honesty	Independence
Success	Nurturing
Accuracy	Joy
Adventure	Beauty
Lack of Pretense	Authenticity
Zest	Risk Taking
Tradition	Peace
To Be Known	Elegance
Growth	Vitality
Aesthetics	Trust

List of values found in “The Renaissance Soul” by Margaret Lobenstine.