



## Themes of My Life

1. Think of five choices you made recently. Think of your favorite activities and careers. What values do these represent?
2. **Pick your top ten themes (values) from the lists below.** These are the ideas, beliefs, thoughts that guide you.
3. **Pick your top five, and then your number-one value.** We'll connect these to the What's Made Me exercise.

### My Top Ten:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

### My Top Five:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

My Number One: \_\_\_\_\_





**Success Story**  
Write Your Future Now

Adaptability	Accountability	Achievement	Awareness
Adventure	Autonomy	Authority	Aesthetics
Advocacy	Architecture	Analysis	Artistry
Athleticism	Advancement	Boundaries	Betterment
Beauty	Balance	Belief	Context
Caregiving	Craft	Connectedness	Consistency
Courage	Competition	Culture	Cooperation
Compassion	Collaboration	Creativity	Control
Curiosity	Change	Community	Choice
Communication	Country	Decisiveness	Deliberativeness
Diversity	Daring	Discipline	Duty
Diligence	Directness	Democracy	Development
Debate	Dialogue	Discussion	
Diplomacy	Efficiency	Emotional intelligence	Excellence
Environment/ecology	Empathy	Exceptionalism	Elegance
Equality	Equity	Economy	Functionality





**Success Story**  
Write Your Future Now

Flexibility	Freedom	Family	Friendship
Facts	Feedback	Fairness	Focus
Fun	Growth	Grit	Generosity
Giving	Humor	History	Humility
Hunger	Heroism	Health	Harmony
Honesty	Justice	Joy	Hope
Karma	Kindness	Knowledge	Intensity
Ideation	Intellectualism	Ideation	Intuition
Information	Input	Insight	Investigation
Integrity	Inspiration	Inclusion	Innovation
Intensity	Initiative	Individuality	Independence
Inner Peace	Inclusiveness	Love	Loyalty
Learning	Logic	Listening	Leadership
Meditation	Mindfulness	Meaning	Mystery





**Success Story**  
Write Your Future Now

Magic	Nature	Order	Practicality
Perception	Positivity	Preparedness	Presence
Power	Peace	Privacy	Prudence
Performance	Persuasion	Pleasure	Popularity
Patience	Quirkiness	Quality	Queerness
Resourcefulness	Reflection	Risk	Respect
Righteousness	Relationship	Restoration	Responsibility
Restraint	Supportiveness	Sacredness	Stability
Safety	Science	Self-Esteem	Self-Reliance
Systems	Significance	Speculation	Strategy
Security	Self-Assurance	Strength	Spirituality
Serenity	Self-Control	Self-Expression	Service
Travel	Togetherness	Trust	Truth
Voice	Vulnerability	Validation	Wisdom
Wonder	Wit	Work	Wealth





4. [Challenge] Did you not see a value that represented you? Do you have a synonym you prefer instead of the word given above for a particular value? Write it below.
5. [Challenge] Review your top two universities' website information, and any other resources or notes you have about these schools. Select up to five priority values for each of your top two schools. (Hint: the Mission statements of universities often express this, as to statements about student life, about academics, and other key aspects of a university. Surf the websites to find landing pages where there are values statements.)


