



Peak Experience and Values Journaling

Living in alignment with your values brings feelings of energy, flow, harmony, and authenticity. Misalignment with your values brings feelings of dissatisfaction and a sense of being stuck. By identifying and examining peak experiences in your life, you can identify the values that underlie those experiences. Making choices and taking actions that align with these named values will help you create the conditions for more peak experiences.

1) Think about a time when you felt powerful, strong, and confident.

Use the following prompts to describe in a good amount of detail what was going on for you during this time.

What was happening for you?

What were you doing, saying, experiencing?



What did it feel like in your body?

What emotions were you feeling?

Who were you interacting with? What qualities in them were amplifying your positive feelings?



2) Identify the values that underpin this experience

Think about this experience as you read the following list of values. Circle up to ten values that closely align with that experience (continues on the following page).

Accountability	Diversity	Inclusion
Achievement	Environment	Independence
Adaptability	Efficiency	Initiative
Adventure	Equality	Integrity
Altruism	Ethics	Intuition
Ambition	Excellence	Job security
Authenticity	Fairness	Joy
Balance	Faith	Justice
Beauty	Family	Kindness
Being the best	Financial stability	Knowledge
Belonging	Forgiveness	Leadership
Career	Freedom	Learning
Caring	Friendship	Legacy
Collaboration	Fun	Leisure
Commitment	Future generations	Love
Community	Generosity	Loyalty
Compassion	Giving back	Making a difference
Competence	Grace	Nature
Confidence	Gratitude	Openness
Connection	Growth	Optimism
Contentment	Harmony	Order
Contribution	Health	Parenting
Cooperation	Home	Patience
Courage	Honesty	Patriotism
Creativity	Hope	Peace
Curiosity	Humility	Perseverance
Dignity	Humor	Personal fulfillment



Power	Self-respect	Travel
Pride	Serenity	Trust
Recognition	Service	Truth
Reliability	Simplicity	Understanding
Resourcefulness	Spirituality	Uniqueness
Respect	Sportsmanship	Usefulness
Responsibility	Stewardship	Vision
Risk-taking	Success	Vulnerability
Safety	Teamwork	Wealth
Security	Thrift	Well-being
Self-discipline	Time	Wholeheartedness
Self-expression	Tradition	Wisdom

Adapted from: <https://brenebrown.com/resources/dare-to-lead-list-of-values/>



3) Clarify and prioritize your values

(1)	(2)	(3)
List your 10 values:	Write the 5 that are most important:	Rank the 5 in order of importance:
_____	_____	1 _____
_____	_____	2 _____
_____	_____	3 _____
_____	_____	4 _____
_____	_____	5 _____

How do these values show up in your life today? How should they?