

PERSONAL VALUES REPORT

Marcus's Values

20 August 2026

1



Spirituality

Connecting with something greater than yourself.

2



Status

Earning a respected place among your peers.

3



Courage

Facing challenges with strength and integrity.

4



Stability

Steady ground you can build on.

5



Leadership

Guiding and inspiring others toward a common goal.

The Guardian

Protects what matters—family, stability, and legacy.

loyal

protective

responsible



What it means for you

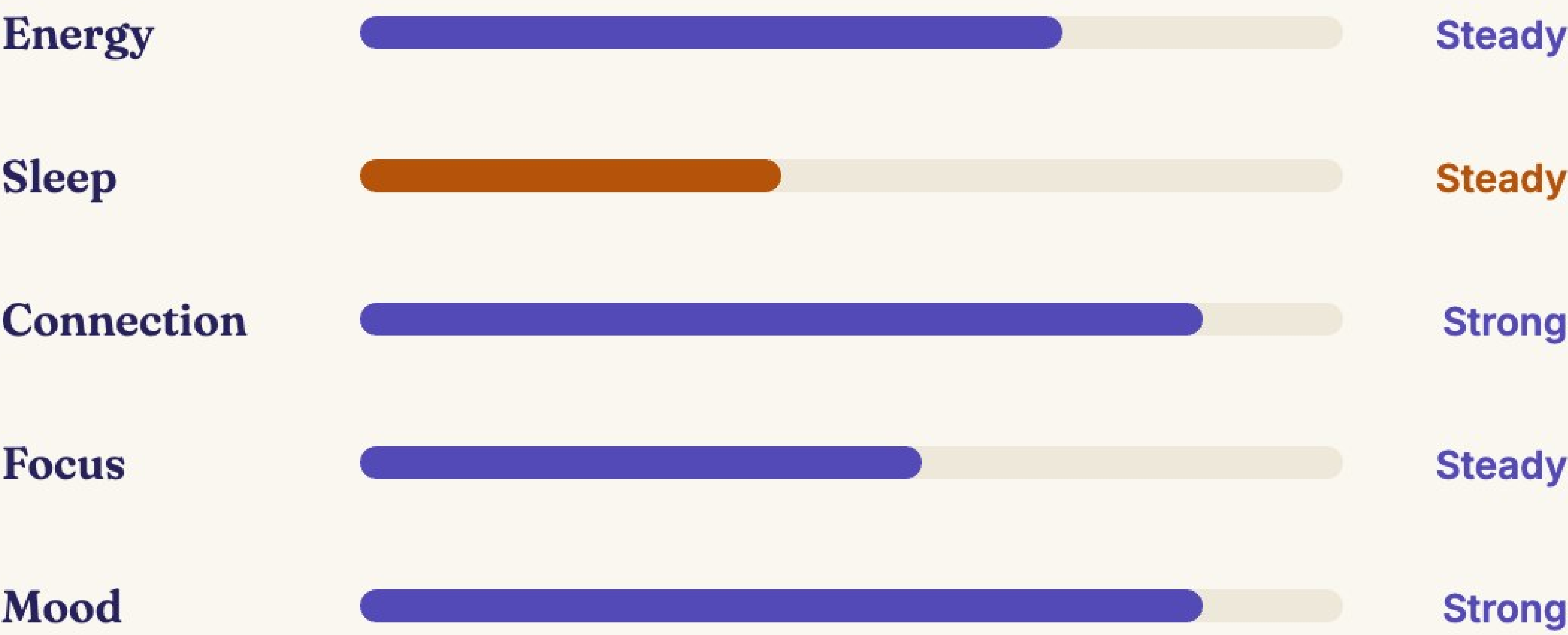
Security, stability, and continuity give your life meaning. You find purpose in being dependable and preserving what's important.

Ways to honor it

- Establish and maintain family traditions
- Build emergency funds and safety nets
- Document and preserve important history
- Create stable routines and environments
- Advocate for causes that protect others

Your well-being snapshot

You can know your values and still lack the capacity to live them. When energy, sleep, connection, focus, or mood run low, we drift toward junk values instead. This is what you reported when you took the assessment.



A snapshot, not a verdict. Well-being moves week to week, and your dashboard is always open if you want to look again with fresh eyes:
app.values.institute/dashboard

Your weekly values practice

Values change lives once they become appointments rather than ideas. Print these two pages, or keep them nearby. Before the prompts, take a moment to define what living each of your top three values actually looks like on a normal day.



Spirituality

"Being aligned with my value of Spirituality looks like..."



Status

"Being aligned with my value of Status looks like..."



Courage

"Being aligned with my value of Courage looks like..."

Seven days, seven questions

DAY 1 Where did Spirituality show up in your day, even in a small way?

DAY 2 Name one decision today that honored Status, and one that quietly didn't.

DAY 3 Who in your life embodies Courage? What could you borrow from them?

DAY 4 What would today have looked like if Spirituality had led every choice?

DAY 5 What currently stands between you and living Status more fully?

DAY 6 When did Courage and comfort pull in different directions this week?

DAY 7 Make one appointment with Spirituality for next week: when, where, what.

Keep going

Your dashboard and free toolkit are always open at app.values.institute. To go deeper, Premium adds the full course, your archetype guide, career directions, and your deep well-being profile.