Sample Values List

INSTRUCTIONS

- Your Values are what is important to you in life. Knowing your Values helps you understand what drives you – what you enjoy, inspires you and would like more of. By **building a life and lifestyle around our values** we create a **life that is more satisfying and meaningful** to us.
- NB. Values change over time, and deepen as you understand yourself better – they are always moving. Your Values can also be situational - so what is true for you at work may not be true for you at home.
- Finally, the Values '"List" below is ONLY to give you some ideas of example or sample values. We are each unique, so there will undoubtedly be words that are missing from this list, and different words that sum up your Value better. If so, feel free to add those words to the list below.

1. Accomplishment
2. Accuracy
3. Acknowledgement
4. Adventure
5. Authenticity
6. Balance
7. Beauty
8. Boldness
9. Calm
10. Challenge
11. Collaboration
12. Community
13. Compassion
14. Comradeship
15. Confidence
16. Connectedness
17. Contentment
18. Contribution
19. Cooperation
20. Courage
21. Creativity
22. Curiosity
23. Determination
24. Directness
25. Discovery
26. Ease
27. Effortlessness
28. Empowerment
29. Enthusiasm
30. Environment
31. Excellence
32. Fairness
33. Flexibility
34. Focus
35. Forgiveness
36. Freedom
37. Friendship
38. Fun
39. Generosity
40. Gentleness
41. Groundedness
42. Growth
43. Happiness
44. Harmony
45. Health
46. Helpfulness
47. Honesty
48. Honour
49. Humour
50. Idealism
51. Independence
52. Innovation
53. Integrity
54. Intuition
55. Joy
56. Kindness
57. Learning
58. Listening
59. Love
60. Loyalty
61. Optimism
62. Orderliness
63. Participation
64. Partnership
65. Passion
66. Patience
67. Peace
68. Presence
69. Productivity
70. Recognition
71. Respect
72. Resourcefulness
73. Romance
74. Safety
75. Self-Esteem
76. Service
77. Simplicity
78. Spirituality
79. Spontaneity
80. Strength
81. Tact
82. Thankfulness
83. Tolerance
84. Tradition
85. Trust
86. Understanding
87. Unity
88. Vitality
89. Wisdom
90. _____
91. _____
92. _____
93. _____
94. _____
95. _____
96. _____
97. _____
98. _____
99. _____
100. _____

Remember: When it comes to Values, there is no right or wrong – only who WE are!

"It's important to be heroic, ambitious, productive, efficient, creative, and progressive, but these qualities don't necessarily nurture soul. The soul has different concerns, of equal value: downtime for reflection, conversation, and reverie; beauty that is captivating and deepening; relatedness to the environs and to people; and any animal's rhythm of rest and activity." **Thomas Moore**

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