



## *What do you value?*

Values are the principles that guide our lives. They are the concepts that are most important to us, what we stand for, who we want to be and how we relate to others. Values act as our compass in our daily lives. Rediscover the values that are important to you by going through the list below. Choose about 20 of the values and then narrow down your values to your top 5. This may be challenging, so take your time. Of course, we value most of the things below, however, there some values that tend to be more important to us than others.

Abundance	Decorum	Harmony	Peace	Structure
Acceptance	Dependability	Health	Perseverance	Success
Accomplishment	Desire	Helpfulness	Persistence	Support
Accountability	Determination	Honesty	Philanthropy	Sympathy
Achievement	Devotion	Honor	Playfulness	Synergy
Activeness	Dignity	Hospitality	Popularity	Teaching
Adaptability	Diligence	Humility	Power	Teamwork
Adoration	Direction	Humor	Pride	Thankfulness
Adventure	Discipline	Imagination	Privacy	Thoroughness
Affection	Discovery	Independence	Professionalism	Thoughtfulness
Affluence	Diversity	Individuality	Prosperity	Tidiness
Agility	Drive	Influence	Rationality	Timeliness
Alertness	Duty	Inspiration	Realism	Traditionalism
Altruism	Ease	Integrity	Reflection	Tranquility
Ambition	Education	Intelligence	Relaxation	Transcendence
Amusement	Efficiency	Intimacy	Reliability	Trust
Approachability	Elegance	Introspection	Religiousness	Trustworthiness
Approval	Empathy	Joy	Resilience	Truth
Art	Energy	Justice	Resourcefulness	Understanding
Assertiveness	Enjoyment	Kindness	Respect	Uniqueness
Awareness	Environmentalism	Knowledge	Responsibility	Unity
Balance	Ethics	Leadership	Rest	Usefulness
Beauty	Excellence	Learning	Reverence	Valor
Belonging	Excitement	Lightness	Satisfaction	Variety
Benevolence	Faith	Liveliness	Science	Virtue
Bliss	Fame	Logic	Security	Vision
Bravery	Family	Love	Self-control	Vitality
Calmness	Fashion	Loyalty	Selflessness	Vivacity
Camaraderie	Fearlessness	Mastery	Self-reliance	Warm-heartedness
Candor	Fitness	Meaning	Self-respect	Warmth

Capability	Flexibility	Mindfulness	Sensitivity	Wealth
Care	Flow	Motivation	Sensuality	Wisdom
Challenge	Focus	Mysteriousness	Serenity	Wittiness
Cheerfulness	Fortitude	Nature	Service	Worthiness
Cleanliness	Freedom	Nonconformity	Sexuality	Zeal
Comfort	Friendliness	Obedience	Sharing	
Compassion	Friendship	Openness	Simplicity	
Competition	Frugality	Optimism	Sincerity	<b>List Other Values</b>
Confidence	Fun	Order	Skillfulness	<b>Below:</b>
Connection	Gallantry	Organization	Solidarity	
Contentment	Generosity	Originality	Solitude	
Contribution	Grace	Outdoors	Sophistication	
Control	Gratitude	Partnership	Spirituality	
Courage	Growth	Patience	Stability	
Creativity	Happiness	Passion	Strength	

**Top 5 Values:**



**How can you begin to live your values?**

1. Choose a value to focus on. The value I want to focus on is: \_\_\_\_\_.
2. In order to work toward the value of \_\_\_\_\_, I am willing to experience the following fears and/or feelings:

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Working toward and living our values can be scary. Usually there are feelings and some fear surrounding the value. For example: If you value connection, you may need to be willing to experience vulnerability, anxiety, happiness, etc. Fears that might arise are: fears of abandonment, not being accepted or loved, that you aren't good enough, etc.

3. What is one small step I can take to live this value today or this week? When we set lofty goals, we usually end up not meeting them and then feel disheartened, shameful, and let down. Start small to practice, gain your confidence and be successful!

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