

Your Name _____ Date _____

INSTRUCTIONS:

- Your Values represent what's important to you in life. Knowing your Values helps you understand what drives you, what you enjoy, what inspires you, what you'd like more of - and why!
- By **building a lifestyle around our values** we create a **life that is satisfying and meaningful** to us.
- The Sample Values List below is **ONLY** to give you ideas. We are all unique, so there will be words that are missing from this list, and different words that sum up your Values better.
- Circle the words that speak to you, as well as amending and adding to the words in the list below!
- **REMEMBER:** Your values change over time and deepen as you understand yourself better - they are always moving. Your Values can also be situational. For example, what's true for you at work may not be true for you at home and vice versa.



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