

Values

A value is a guiding principle that directs our actions. We have values that we consciously choose and others that may be unconscious, but they still influence our actions. The words below represent a partial list of values. You can use this list by making the statement— “I value _____.” Insert the value and see if it feels right to you. If you could only pick five, which ones would you pick?

- Authenticity
- Achievement
- Adventure
- Autonomy
- Balance
- Beauty
- Boldness
- Compassion
- Challenge
- Community
- Competency
- Contribution
- Creativity
- Curiosity
- Determination
- Ease
- Fairness
- Faith
- Fame
- Friendships
- Fun
- Growth
- Happiness
- Helping
- Honesty
- Humor
- Influence
- Integrity
- Inner Harmony
- Justice
- Kindness
- Knowledge
- Leadership
- Learning
- Love
- Loyalty
- Meaningful Work
- Monogamy
- Openness
- Optimism
- Peace
- Perseverance
- Pleasure
- Popularity
- Recognition
- Religion
- Reputation
- Respect
- Responsibility
- Rest
- Security
- Self-Care
- Self-Respect
- Serenity
- Solitude
- Spirituality
- Stability
- Success
- Status
- Trustworthiness
- Wealth
- Wisdom