

EXAMPLES OF VALUES

Ability	Fairness	Peacefulness
Acceptance	Faith	Perseverance
Accomplishment	Family	Personal Growth
Achievement	Flexibility/adaptability	Playfulness
Acknowledgement	Forgiveness	Pleasing others
Activity / Action	Fortitude	Pleasing self
Adventure	Freedom	Pleasure
Aliveness	Friendship/Friends	Positivity
Aloneness	Fulfillment	Possessions/property
Altruism	Fun/humour	Power
Animal Welfare	Generosity	Privacy
Appearance	Giving	Purpose
Approval	Glory	Recognition
Art	Goals	Relationship(s)
Autonomy	God/religion/spirituality	Relaxation
Balance	Gratefulness/Gratitude	Resilience
Beauty	Growth/learning	Responsibility
Calmness	Happiness/joy	Rest
Caring for others	Harmony	Respect
Career	Health	Safety
Change	Helping	Self confidence
Challenge	Hobbies/pastimes	Self discipline
Charity	Honesty/integrity	Self reliance
Clarity	Hope	Serenity
Clothes	Independence	Service
Comfort	Influence	Sex
Commitment	Innovation	Solving problems
Communication	Intelligence	Spirituality
Community	Intimacy	Spontaneity
Compassion	Justice	Sport
Competition	Kindness	Stamina/staying power
Complexity	Knowing where you stand	Stimulation
Confidentiality	Knowledge	Stimulating change
Connection	Laughter	Strength (physical & emotional)
Consistency	Leadership	Success
Consuming/Shopping	Learning/growing	Support
Contribution/helpfulness	Life	Survival
Cooking	Love	Teamwork
Courage	Loyalty	The Arts
Curiosity/fascination	Making a Difference	Tidiness
Creativity	Making the world a better place	Tolerance
Decisiveness	Mastery	Travel
Difference	Mediation	Trust
Dignity	Money/wealth/possessions	Understanding
Ecology/the environment	Music	Uniqueness
Elegance	Nature	Using my abilities/talents
Empathy	Novelty	Variety
Entertainment	Organisation	Vitality
Excellence	Openness	Wealth
Excitement	Order	Wisdom
Exploration	Passion	Work/career
Expression	Patience	World peace