

Values




Abundance, acceptance, accomplishment, achievement, acknowledgment, adoration, adventure, affection, affluence, ambition, appreciation, approachability, assertiveness, attractiveness, authenticity, awareness, awe, balance, beauty, belonging, bliss, boldness, bravery, brilliance, calmness, celebrity, charm, cheerfulness, clarity, cleanliness, clearheadedness, cleverness, closeness, comfort, commitment, compassion, confidence, connection, consciousness, consistency, contentment, contribution, conviction, coolness, courage, creativity, curiosity, daring, dependability, desire, determination, devotion, devoutness, dignity, directness, discipline, discovery, discretion, diversity, dreaming, dynamic, eagerness, ecstasy, education, effectiveness, efficiency, elation, elegance, eloquence, empathy, encouragement, endurance, energy, enjoyment, entertainment, enthusiasm, excellence, excitement, exhilaration, experience, expertise, exploration, expressiveness, extravagance, faith, fame, family, fashion, fearlessness, ferocity, fidelity, fierceness, feistiness, financial independence, firmness, fitness, flexibility, flow, fluency, focus, fortitude, frankness, freedom, financial freedom, friendliness, fun, generosity, gentility, giving, grace, gratitude, gregariousness, growth, guidance, happiness, harmony, health, heart, help, heroism, holiness, honesty, honour, hopefulness, humility, humour, imagination, independence, ingenuity, inquisitiveness, insightfulness, inspiration, integrity, intelligence, intensity, intimacy, intuition, intuitiveness, inventiveness, joy, justice, keenness, kindness, knowledge,

leadership, learning, legacy, liberation, liberty, liveliness, logic, longevity, love, loyalty, majesty, making a difference, mastery, maturity, mindfulness, modesty, motivation, mysteriousness, neatness, nerve, open-mindedness, openness, optimism, order, organization, originality, outlandishness, outrageousness, passion, peace, perceptiveness, perfection, perkiness, perseverance, persistence, persuasiveness, philanthropy, piety, playfulness, pleasantness, pleasure, poise, polish, popularity, potency, power, practicality, precision, preparedness, presence, privacy, proactive, professionalism, prosperity, prudence, punctuality, purity, realism, reason, reasonableness, recognition, recreation, refinement, reflection, relaxation, reliability, religiousness, resilience, resolution, resolve, resourcefulness, respect, rest, restraint, reverence, riches, rigor, sacredness, sacrifice, sagacity, saintliness, satisfaction, security, self-control, selflessness, self-reliance, sensitivity, sensuality, serenity, service, sex, sexuality, sharing, shrewdness, significance, silence, silliness, simplicity, sincerity, skillfulness, solidarity, solitude, soundness, speed, spirit, spirituality, spontaneity, spunk, stability, stillness, strength, success, support, synergy, temperance, thankfulness, thoroughness, thoughtfulness, timeliness, tranquility, transcendence, trust, trustworthiness, truth, understanding, uniqueness, unity, usefulness, valour, victory, vigour, virtue, vision, vitality, vivacity, warmth, watchfulness, wealth, wildness, willingness, winning, wisdom, wittiness, wonder, youthfulness, zeal



Directions

YOUR PERSONAL VALUES INSTRUCTIONS:

1. Look at the following Value list, and say each word out loud. Ask yourself: do I love something about this word? If so, jot it down immediately - no explanation needed! Feel free to add any words that are not on the list.
 2. Now look over your words and narrow them down to your top ten. This can be hard especially if you love many of them. Using a scale 1 to 10 (10 being the best), and without thinking too much about it, say the word out loud and give it a number. You'll quickly narrow it down to the ones that you resonate with the most.
 3. Now you have your top 10 words. You can consult them whenever you need to make a key decision such as "Should you accept the new job you've been offered?" Does it align with your values?
 3. Just trust that these words are to life your spirit - the thins you need right now to create your perfect balance so that you feel aligned, grounded, and empowered. The represent your "end" values.
 4. Review this list every few months and occasionally new ones will light you up.
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