##

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 and what you'd like more of.
* By **building a life & lifestyle around our values** we create a **life that is satisfying and meaningful** to us.
* IMPORTANT: Values change over time, and deepen as you understand yourself better - they are always moving. Your Values can also be situational eg. what's true for you at work may not be true for you at home.
* Finally, the Sample Values List below is ONLY to give you ideas. We are each unique, so there will undoubtedly be words that are missing from this list, and different words that sum up your Values better. So feel free to amend or add to the words in the list below.

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**Remember:** When it comes to our Values, there is no right or wrong - only who WE are!

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| 1. Accomplishment
2. Accuracy
3. Acknowledgement
4. Adventure
5. Authenticity
6. Balance
7. Beauty
8. Boldness
9. Calm
10. Challenge
11. Collaboration
12. Community
13. Compassion
14. Comradeship
15. Confidence
16. Connectedness
17. Contentment
18. Contribution
19. Cooperation
20. Courage
21. Creativity
22. Curiosity
23. Determination
24. Directness
25. Discovery
26. Ease
27. Effortlessness
28. Empowerment
29. Enthusiasm
30. Environment
31. Excellence
32. Fairness
33. Flexibility
 | 1. Focus
2. Forgiveness
3. Freedom
4. Friendship
5. Fun
6. Generosity
7. Gentleness
8. Growth
9. Happiness
10. Harmony
11. Health
12. Helpfulness
13. Honesty
14. Honour
15. Humour
16. Idealism
17. Independence
18. Innovation
19. Integrity
20. Intuition
21. Joy
22. Kindness
23. Learning
24. Listening
25. Love
26. Loyalty
27. Optimism
28. Orderliness
29. Participation
30. Partnership
31. Passion
32. Patience
33. Peace
 | 1. Presence
2. Productivity
3. Recognition
4. Respect
5. Resourcefulness
6. Romance
7. Safety
8. Self-Esteem
9. Service
10. Simplicity
11. Spaciousness
12. Spirituality

*"You just decide what your values are in life and what you are going to do, and then you feel like you count, and that makes life worth living. It makes my life meaningful."****Annie Lennox***1. Spontaneity
2. Strength
3. Tact
4. Thankfulness
5. Tolerance
6. Tradition
7. Trust
8. Understanding
9. Unity
10. Vitality
11. Wisdom
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