## 

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 12. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 13. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 14. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 15. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 16. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 17. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 18. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 19. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 20. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 21. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |