



Sample Values List

INSTRUCTIONS

- Your Values are words that express what is important to you in life. Knowing your Values helps you reconnect with yourself by rediscovering what you enjoy, what inspires you, and what you would like more of. Living within your set of values will help you feel more grounded and create a more meaningful life.
- For this exercise, please use the Values List below to assist you in discovering your top values. Read over the list and make note of the words that you feel most connected to or warm your heart. Keep narrowing them down until you have found your top 5.
- This list is meant to provide ideas of common values. We are each unique, so there may be different words that sum up your values better. If so, feel free to add those words to the list.

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|--------------------|-------------------|---------------------|
| 1. Accomplishment | 34. Focus | 67. Peace |
| 2. Accuracy | 35. Forgiveness | 68. Presence |
| 3. Acknowledgement | 36. Freedom | 69. Productivity |
| 4. Adventure | 37. Friendship | 70. Recognition |
| 5. Authenticity | 38. Fun | 71. Respect |
| 6. Balance | 39. Generosity | 72. Resourcefulness |
| 7. Beauty | 40. Gentleness | 73. Romance |
| 8. Boldness | 41. Groundedness | 74. Safety |
| 9. Calm | 42. Growth | 75. Self-Esteem |
| 10. Challenge | 43. Happiness | 76. Service |
| 11. Collaboration | 44. Harmony | 77. Simplicity |
| 12. Community | 45. Health | 78. Spirituality |
| 13. Compassion | 46. Helpfulness | 79. Spontaneity |
| 14. Comradeship | 47. Honesty | 80. Strength |
| 15. Confidence | 48. Honour | 81. Tact |
| 16. Connectedness | 49. Humour | 82. Thankfulness |
| 17. Contentment | 50. Idealism | 83. Tolerance |
| 18. Contribution | 51. Independence | 84. Tradition |
| 19. Cooperation | 52. Innovation | 85. Trust |
| 20. Courage | 53. Integrity | 86. Understanding |
| 21. Creativity | 54. Intuition | 87. Unity |
| 22. Curiosity | 55. Joy | 88. Vitality |
| 23. Determination | 56. Kindness | 89. Wisdom |
| 24. Directness | 57. Learning | 90. _____ |
| 25. Discovery | 58. Listening | 91. _____ |
| 26. Ease | 59. Love | 92. _____ |
| 27. Effortlessness | 60. Loyalty | 93. _____ |
| 28. Empowerment | 61. Optimism | 94. _____ |
| 29. Enthusiasm | 62. Orderliness | 95. _____ |
| 30. Environment | 63. Participation | 96. _____ |
| 31. Excellence | 64. Partnership | 97. _____ |
| 32. Fairness | 65. Passion | 98. _____ |
| 33. Flexibility | 66. Patience | 99. _____ |
| | | 100. _____ |

Remember: When it comes to Values, there is no right or wrong – only who we are!

*"It's important to be heroic, ambitious, productive, efficient, creative, and progressive, but these qualities don't necessarily nurture soul. The soul has different concerns, of equal value: downtime for reflection, conversation, and reverie; beauty that is captivating and pleasuring; relatedness to the environs and to people; and any animal's rhythm of rest and activity." **Thomas Moore***