

VALUES

Values Inventory

Look through the following list of values. Pay attention to how you feel when you read each one. If it produces a positive sensation or emotion, circle it. Take your time. Come back to this is needed.



Wellness Talks



WATCH. LISTEN. LEARN.

Acceptance	Competence	Fairness	Intelligence	Restraint
Accomplishment	Confidence	Family	Intuition	Results-oriented
Accountability	Connection	Fame	Joy	Reverence
Accuracy	Conscientious	Fearlessness	Justice	Rigor
Achievement	Consistency	Fidelity	Kindness	Security
Adaptability	Contentment	Focus	Knowledge	Self-reliance
Adventure	Contribution	Foresight	Leadership	Selflessness
Affection	Cooperation	Fortitude	Learning	Serenity
Alertness	Courage	Freedom	Logic	Service
Altruism	Courteous	Friendship	Love	Sharing
Ambition	Creativity	Fun	Loyalty	Significance
Amusement	Credibility	Generosity	Mastery	Silence
Appreciation	Curiosity	Genius	Moderation	Simplicity
Assertiveness	Decisiveness	Goodness	Openness	Sincerity
Attentiveness	Dedication	Grace	Optimism	Skillfulness
Authenticity	Dependability	Gratitude	Order	Solitude
Balance	Determination	Greatness	Organization	Spirituality
Belonging	Development	Growth	Originality	Spontaneity
Boldness	Devotion	Guidance	Passion	Stability
Bravery	Dignity	Happiness	Participation	Status
Brilliance	Discipline	Hard work	Patience	Stewardship
Calm	Discovery	Harmony	Peace	Strength
Capable	Drive	Health	Performance	Success
Celebration	Effectiveness	Honesty	Persistence	Support
Careful	Efficiency	Honor	Playfulness	Surprise
Certainty	Empathy	Hope	Potential	Sustainability
Challenge	Empowerment	Humility	Power	Talent
Charity	Endurance	Humor	Predictability	Tenderness
Clarity	Energy	Imagination	Privacy	Teamwork
Cleanliness	Enjoyment	Improvement	Productivity	Thoroughness
Clever	Enthusiasm	Independence	Prosperity	Thoughtfulness
Closeness	Equality	Individuality	Quality	Timeliness
Comfort	Ethical	Industrious	Reason	Tolerance
Commitment	Excellence	Innovation	Reassurance	Toughness
Common sense	Experience	Inquisitive	Recognition	Tradition
Communication	Giving	Insight	Reflection	Tranquility
Community	Exploration	Inspirational	Reliability	Transparency
Compassion	Expressive	Integrity	Responsibility	Trust

Once this is done, set this down for a day or two. Come back and go through the ones you circled putting a star next to it or highlighting it. This is the first step to beginning to understand what it is that matters to you, what you value. Look for other exercises to expand on this idea as well as for ways to begin to identify your five prime values and how they show up in the four main life engagement areas.