

INSTRUCTIONS

- Your Values represent what's important to you in life. Knowing your Values helps you understand what motivates—and demotivates you, what you enjoy, what inspires you and what you might like more of...
- **By building a life/lifestyle around our values we also create a life that is deeply satisfying and meaningful.**
- **IMPORTANT:** Values change over time—they're always moving. Our Values deepen as we understand ourselves better. Our 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. Feel free to amend—or add to the words in the list below.

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

Remember: When it comes to our Values, there is no right or wrong—only who we are.

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