

What do I Value?

		Very Important	Important	Somewhat Important	Not Important
1.	ACCEPTANCE				
2.	ACCURACY				
3.	ACHIEVEMENT				
4.	ADVENTURE				
5.	ART				
6.	ATTRACTIVENESS				
7.	AUTHORITY				
8.	AUTONOMY				
9.	BEAUTY				
10.	BELONGING				
11.	CARING				
12.	CHALLENGE				
13.	COMFORT				
14.	COMMITMENT				
15.	COMPASSION				
16.	COMPLEXITY				
17.	COMPROMISE				
18.	CONTRIBUTION				
19.	COOPERATION				
20.	COURAGE				
21.	COURTESY				
22.	CREATIVITY				
23.	CURIOSITY				
24.	DEPENDABILITY				
25.	DILIGENCE				
26.	DUTY				
27.	ECOLOGY				
28.	EXCITEMENT				
29.	FAITHFULNESS				
30.	FAME				
31.	FAMILY				
32.	FITNESS				
33.	FLEXIBILITY				
34.	FORGIVENESS				
35.	FREEDOM				
36.	FRIENDSHIP				
37.	FUN				
38.	GENEROSITY				
39.	GENUINENESS				
40.	GOD'S WILL				
41.	GRATITUDE				
42.	GROWTH				
43.	HEALTH				
44.	HONESTY				
45.	HOPE				
46.	HUMILITY				
47.	HUMOR				
48.	IMAGINATION				
49.	INDEPENDENCE				
50.	INDUSTRY				

51. INNER PEACE	To experience personal peace				
52. INTEGRITY	To live life consistent with my values				
53. INTELLIGENCE	To keep my mind sharp and active				
54. INTIMACY	To share my innermost experiences with others				
55. JUSTICE	To promote fair, equal treatment for all				
56. KNOWLEDGE	To learn and share valuable information				
57. LEADERSHIP	To inspire and guide others				
58. LEISURE	To take time to relax and enjoy				
59. LOVED	To be loved by those close to me				
60. LOVING	To give love to others				
61. MASTERY	To be competent in everyday activities				
62. MINDFULNESS	To be conscious and mindful of the present				
63. MODERATION	To avoid excesses and find middle ground				
64. MONOGAMY	To have one close, loving relationship				
65. MUSIC	To enjoy or express myself in music				
66. NON-CONFORMITY	To question, challenge authority, norms				
67. NOVELTY	To have a life full of change, variety				
68. NURTURANCE	To encourage and support others				
69. OPENNESS	To welcome new experiences, ideas, options				
70. ORDER	To live life in an organized way				
71. PASSION	To have deep, strong feelings				
72. PATRIOTISM	To love, serve, protect my country				
73. PLEASURE	To feel good				
74. POPULARITY	To be well-liked by many people				
75. POWER	To have control over others				
76. PRACTICALITY	To focus on what is prudent and sensible				
77. PROTECT	To keep myself and loved ones safe				
78. PROVIDE	To take care of family, loved ones				
79. PURPOSE	To have meaning and direction in my life				
80. RATIONALITY	To be guided by reason, logic, evidence				
81. RELIGIOSITY	To practice an organized religion				
82. REALISM	To see and act realistically and practically				
83. RESPONSIBILITY	To make, carry out responsible decisions				
84. RISK	To take risks and chances				
85. ROMANCE	To have intense, exciting love in my life				
86. SAFETY	To be safe and secure				
87. SELF-ACCEPTANCE	To accept myself as I am				
88. SELF-CONTROL	To be disciplined in my own actions				
89. SELF-ESTEEM	To feel good about myself				
90. SELF-KNOWLEDGE	To have a deep, honest understanding of myself				
91. SERVICE	To be helpful, serve and support others				
92. SEXUALITY	To have an active, satisfying sex life				
93. SIMPLICITY	To live a life simply, with minimal needs				
94. SOLITUDE	To have time, experiences by myself				
95. SPIRITUALITY	To grow and mature spiritually				
96. STABILITY	To have consistent experiences				
97. TOLERANCE	To accept, respect those who differ from me				
98. TRADITION	To follow respected patterns of the past				
99. VIRTUE	To live a morally pure and excellent life				
100. WEALTH	To have plenty of money				
101. WORLD PEACE	To work to promote peace in the world				
102.					

