

What do I Value?

		Very Important	Important	Somewhat Important	Not Important
1.	ACCEPTANCE	To be accepted as I am			
2.	ACCURACY	To be correct in my opinions and beliefs			
3.	ACHIEVEMENT	To have important accomplishments			
4.	ADVENTURE	To have new and exciting experiences			
5.	ART	To appreciate or express myself in art			
6.	ATTRACTIVENESS	To be physically attractive			
7.	AUTHORITY	To be in charge of others			
8.	AUTONOMY	To be self-determined and independent			
9.	BEAUTY	To appreciate beauty around me			
10.	BELONGING	To have a sense of being part of			
11.	CARING	To take care of others			
12.	CHALLENGE	To take on difficult tasks and problems			
13.	COMFORT	To have a pleasant, comfortable life			
14.	COMMITMENT	To honor promises I make			
15.	COMPASSION	To feel and act on concerns for others			
16.	COMPLEXITY	To embrace the intricacies of life			
17.	COMPROMISE	To be willing to negotiate, reach agreements			
18.	CONTRIBUTION	To make a lasting contribution in the world			
19.	COOPERATION	To work collaboratively with others			
20.	COURAGE	To be brave, strong in the face of adversity			
21.	COURTESY	To be considerate and polite to others			
22.	CREATIVITY	To create new things, ideas			
23.	CURIOSITY	To seek out, learn, experience new things			
24.	DEPENDABILITY	To be reliable and trustworthy			
25.	DILIGENCE	To be thorough and conscientious in whatever I do			
26.	DUTY	To carry out my duties, obligations			
27.	ECOLOGY	To live in harmony with the environment			
28.	EXCITEMENT	To have a life full of thrills and stimulation			
29.	FAITHFULNESS	To be loyal and true in relationships			
30.	FAME	To be known and recognized			
31.	FAMILY	To have a happy, loving family			
32.	FITNESS	To be physically fit and strong			
33.	FLEXIBILITY	To adjust to new circumstances easily			
34.	FORGIVENESS	To be forgiving of others			
35.	FREEDOM	To be free from undue restrictions, limitations			
36.	FRIENDSHIP	To have close, supportive friends			
37.	FUN	To play and enjoy myself			
38.	GENEROSITY	To give what I have to others			
39.	GENUINENESS	To act in a manner that is true to who I am			
40.	GOD'S WILL	To seek and obey the will of God			
41.	GRATITUDE	To be thankful, appreciative			
42.	GROWTH	To keep changing, growing			
43.	HEALTH	To be physically well and healthy			
44.	HONESTY	To be honest, truthful			
45.	HOPE	To maintain a positive, optimistic outlook			
46.	HUMILITY	To be modest			
47.	HUMOR	To experience the lighter side of life, laugh			
48.	IMAGINATION	To have dreams and see possibilities			
49.	INDEPENDENCE	To be free from depending on others			
50.	INDUSTRY	To work hard and well at my life tasks			

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.					

