



LIST OF Values

Accountability	Curiosity	Honesty	Parenting	Success
Achievement	Dignity	Hope	Patience	Teamwork
Adaptability	Diversity	Humility	Patriotism	Thrift
Adventure	Environment	Humor	Peace	Time
Altruism	Efficiency	Inclusion	Perseverance	Tradition
Ambition	Equality	Independence	Personal Fulfillment	Travel
Authenticity	Ethics	Initiative	Power	Trust
Balance	Excellence	Integrity	Pride	Truth
Beauty	Fairness	Inclusion	Recognition	Understanding
Being the best	Faith	Job security	Reliability	Uniqueness
Belonging	Family	Joy	Resourcefulness	Vision
Career	Financial stability	Justice	Respect	Vulnerability
Caring	Forgiveness	Kindness	Responsibility	Wealth
Collaboration	Freedom	Knowledge	Risk-taking	Well being
Commitment	Friendship	Leadership	Safety	Wholeheartedness
Community	Fun	Learning	Security	Wisdom
Compassion	Future generations	Legacy	Self discipline	Write your own:
Competence	Generosity	Leisure	Self expression	
Confidence	Giving back	Love	Self respect	
Connection	Grace	Loyalty	Serenity	
Contentment	Gratitude	Make a difference	Service	
Contribution	Growth	Nature	Simplicity	
Cooperation	Harmony	Openness	Spirituality	
Courage	Health	Optimism	Sportsmanship	
Creativity	Home	Order	Stewardship	

What brings me joy

TOP 10

Values

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HOW DO THESE VALUES relate to each other?

WHAT LIFE EXPERIENCES inform these values?

HOW DO YOU BEHAVE WHEN in conflict with values?

HOW DO YOU BEHAVE WHEN values are in alignment?

WHAT ACTIVITIES bring these values to life?

WHAT BOUNDARIES help protect your values?

