

Values Work Sheet

Acceptance	Forgiveness	Pleasure
Accuracy	Friendships	Popularity
Achievement	Fun	Power
Accomplishment	Happiness	Purpose
Advancement	Harmony	Rationality
Adventure	Health	Realism
Authority	Helping others	Receiving
Autonomy	Honesty	recognition
Balance	Hope	Repairing something
Beauty	Humility	Respect
Belonging to a group	Humor	Responsibility
Building something	Influencing people	Risk-taking
Caring	Improvement	Romance
Challenge	Independence	Safety
Change	Inner Peace	Security
Comfort	Integrity	Self-acceptance
Commitment	Intimacy	Self-control
Compassion	Justice	Self-esteem
Competition	Knowledge	Self-expression
Contribution	Leadership	Service
Cooperation	Learning	Sexuality
Courtesy	Leisure	Simplicity
Creativity	Listening	Solitude
Decision-making	Love	Spirituality
Dependability	Mastery	Stability
Duty	Mindfulness	Status
Ecology	Moderation	Teamwork
Entrepreneurship	Monogamy	Tenacity
Equality	Non-conformity	Tolerance
Excitement	Nurturance	Tradition
Faithfulness	Openness	Virtue
Fame	Order	Visioning
Family	Passion	Wealth
Financial security	Personal	Other:_____
Fitness	development	Other:_____
Flexibility	Physical activity	Other:_____