



Discover Your Values

Reveal Heal Thrive LLC

Your values establish what matters to you, it uncovers what you're passionate about, and helps you to create a vision for your future that is aligned with your true self.

Instructions: Read through this list of values below, and think about which ones align the most with what you think and feel is most important in life. Select your top five. There's also a space available to write your own.

When opportunities or situations present itself, use your set of values as a reference point to determine if this opportunity or situation will receive your energy or not.

- | | | |
|--------------------|-------------------|---------------------|
| 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. Romance |
| 7. Beauty | 40. Gentleness | 73. Safety |
| 8. Boldness | 41. Growth | 74. Self-Esteem |
| 9. Calm | 42. Happiness | 75. Service |
| 10. Challenge | 43. Harmony | 76. Simplicity |
| 11. Collaboration | 44. Health | 77. Spaciousness |
| 12. Community | 45. Helpfulness | 78. Spirituality |
| 13. Compassion | 46. Honesty | 79. Spontaneity |
| 14. Comradeship | 47. Honour | 80. Strength |
| 15. Confidence | 48. Humour | 81. Tact |
| 16. Connectedness | 49. Idealism | 82. Thankfulness |
| 17. Contentment | 50. Independence | 83. Tolerance |
| 18. Contribution | 51. Innovation | 84. Tradition |
| 19. Cooperation | 52. Integrity | 85. Trust |
| 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. ----- |