

## Samples of Values

Ability	Acceptance	Accomplishment	Achievement
Acknowledgement	Activity/Action	Adventure	Aliveness
Aloneness	Aloneness (+)	Altruism	Animal welfare
Appearance	Approval	Art	Autonomy
Balance	Beauty	Calmness	Caring for others
Career	Change	Challenge	Charity
Clarity	Clothes	Comfort	Commitment
Communication	Community	Compassion	Competition
Complexity	Confidentiality	Connection	Consistency
Contribution/ helpfulness	Cooking	Courage	Curiosity/ fascination
Creativity	Decisiveness	Difference	Dignity
Ecology/ the environment	Elegance	Empathy	Entertainment
Excellence	Excitement	Exploration	Expression (verbal & non-verbal)
Fairness	Faith	Family	Flexibility/ adaptability
Forgiveness	Fortitude	Freedom	Friendship/ friends
Fulfilment	Fun/ humour	Generosity	Giving
Glory	Goals	God/ religion/ spirituality	Gratefulness/ gratitude
Growth/ learning	Happiness/ joy	Harmony	Health
Helping	Hobbies/ pastimes	Honesty/ integrity	Hope
Independence	Influence	Innovation	Intelligence
Intimacy	Justice	Kindness	Knowing where you stand



Knowledge	Laughter	Leadership	Learning/ growing
Leisure	Life	Love	Loyalty
Making a difference	Making the world a better place	Mastery	Meditation
Money/ wealth/ possessions (status)	Music	Nature	Novelty
Organisation	Openness	Order	Passion
Patience	Peacefulness	Perseverance	Personal growth
Playfulness	Pleasing others	Pleasing self	Pleasure
Positivity	Possessions/ property	Power	Privacy
Purpose	Recognition	Relationship(s)	Relaxation
Respite	Resilience	Responsibility (+)	Rest
Respect	Safety	Security	Self-confidence
Self-discipline	Self-love	Self-reliance	Serenity
Service	Sex	Simplicity	Solving problems
Spirituality	Spontaneity	Sport	Stamina/ staying power
Stimulation	Stimulation change	Strength (physical & emotional)	Success
Support	Survival	Team work	The arts
Tidiness	Tolerance	Travel	Trust
Understanding	Uniqueness	Using my abilities/ talents	Variety
Vitality	Wealth	Wisdom	Work/ career
World peace	Zest		