

## VALUES EXERCISE

Here is a lengthy list of possible values for you to consider. The idea is to go through the list and cross off all the ones that are unlikely to make your top ten. Once you have a top ten, try to get to your top three. Your final three will indicate your most important values. If you can't choose, think of the values in a work sense.

Abundance	Bliss	Conformity	Discretion	Fearlessness
Acceptance	Boldness	Congruency	Diversity	Ferocity
Accessibility	Bravery	Connection	Dominance	Fidelity
Accomplishment	Brilliance	Consciousness	Dreaming	Fierceness
Accountability	Buoyancy	Conservation	Drive	Financial independence
Accuracy	Calmness	Consistency	Duty	Firmness
Achievement	Camaraderie	Contentment	Dynamism	Fitness
Acknowledgement	Candour	Continuity	Eagerness	Flexibility
Activeness	Capability	Continuous improvement	Ease	Flow
Adaptability	Care	Contribution	Economy	Fluency
Adoration	Carefulness	Control	Ecstasy	Focus
Adroitness	Celebrity	Conviction	Education	Fortitude
Advancement	Certainty	Conviviality	Effectiveness	Frankness
Adventure	Challenge	Coolness	Efficiency	Freedom
Affection	Change	Cooperation	Elation	Friendliness
Affluence	Charity	Cordiality	Elegance	Friendship
Aggressiveness	Charm	Correctness	Empathy	Frugality
Agility	Chastity	Courage	Encouragement	Fun
Alertness	Cheerfulness	Courtesy	Endurance	Gallantry
Altruism	Clarity	Craftiness	Energy	Generosity
Amazement	Class	Creativity	Enjoyment	Gentility
Ambition	Cleanliness	Credibility	Entertainment	Get up and go
Amusement	Clear-mindedness	Cunning	Enthusiasm	Giving
Anticipation	Cleverness	Curiosity	Environmentalism	Goodness
Appreciation	Closeness	Daring	Equality	Grace
Approachability	Comfort	Decisiveness	Ethics	Gratitude
Approval	Commitment	Decorum	Euphoria	Gregariousness
Art	Community	Dedication	Excellence	Growth
Articulacy	Compassion	Deference	Excitement	Guidance
Artistry	Competence	Delight	Exhilaration	Happiness
Assertiveness	Competition	Democracy	Expectancy	Hard work
Assurance	Competitiveness	Dependability	Expediency	Harmony
Attentiveness	Completion	Depth	Experience	Health
Attractiveness	Composure	Desire	Expertise	Heart
Audacity	Concentration	Determination	Exploration	Helpfulness
Authenticity	Confidence	Devotion	Expressiveness	Heroism
Availability	Conformity	Devoutness	Extravagance	Holiness
Awareness	Congruency	Dexterity	Extroversion	Honesty
Awe	Connection	Dignity	Exuberance	Honour
Balance	Consciousness	Diligence	Fairness	Hopefulness
Beauty	Conservation	Direction	Faith	Hospitality
Being the best	Consistency	Directness	Fame	Humility
Belonging	Contentment	Discipline	Family	Humour
Benevolence	Continuity	Discovery	Fascination	Hygiene
Big-picture thinking	Confidence		Fashion	

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## VALUES EXERCISE

Idealism	Majesty	Popularity	Science	Teamwork
Imagination	Making a difference	Positivity	Security	Temperance
Impact	Marriage	Potency	Self-awareness	Thankfulness
Impartiality	Mastery Maturity	Power	Self-control	Thoroughness
Independence	Meaning	Preparedness	Selflessness	Thoughtfulness
Individuality	Meekness	Presence	Self-reliance	Thrift
Industry	Mellowness	Pride	Self-respect	Tidiness
Influence	Merit	Privacy	Sensitivity	Timeliness
Ingenuity	Meticulousness	Proactivity	Sensuality	Tolerance
Inner harmony	Mindfulness	Professionalism	Serenity	Traditionalism
Innovation	Modesty	Prosperity	Service	Tranquillity
Inquisitiveness	Motivation	Prudence	Sexiness	Transcendence
Insightfulness	Mysteriousness	Punctuality	Sexuality	Trust
Inspiration	Nature	Purity	Sharing	Trustworthiness
Integrity	Neatness	Quality	Shrewdness	Truth
Intellect	Nerve	Rationality	Significance	Understanding
Intellectual status	Non-conformity	Realism	Silence	Unflappability
Intelligence	Obedience	Reason	Silliness	Uniqueness
Intensity	Open-mindedness	Reasonableness	Simplicity	Unity
Intimacy	Openness	Recognition	Sincerity	Usefulness
Intrepidness	Optimism	Recreation	Skillfulness	Utility
Introspection	Order	Refinement	Solidarity	Valour
Introversion	Organisation	Reflection	Solitude	Values-driven
Intuition	Originality	Relaxation	Sophistication	Variety
Inventiveness	Outdoors	Reliability	Soundness	Victory
Investing	Outlandishness	Relief	Speed	Vigour
Involvement	Outrageousness	Religiousness	Spirit	Virtue
Joy	Partnership	Reputation	Spirituality	Vision
Judiciousness	Passion	Resilience	Spontaneity	Vitality
Justice	Patience	Resolution	Spunk	Vivacity
Keeness	Patriotism	Resourcefulness	Stability	Volunteering
Kindness	Peace	Respect	Status	Warmheartedness
Knowledge	Perceptiveness	Responsibility	Stealth	Warmth
Lateral thinking	Perfection	Rest	Stillness	Watchfulness
Leadership	Perkiness	Restraint	Strategy	Wealth
Learning	Perseverance	Results	Strength	Willfulness
Legacy	Persistence	Reverence	Structure	Willingness
Liberation	Persuasiveness	Richness	Success	Winning
Liberty	Philanthropy	Rigor	Support	Wisdom
Lightness	Piety	Sacredness	Supremacy	Wittiness
Liveliness	Playfulness	Sacrifice	Surprise	Wonder
Logic	Pleasantness	Sagacity	Sympathy	Worthiness
Longevity	Pleasure	Saintliness	Synergy	Youthfulness
Love	Poise	Sanguinity	Talent	Zeal
Loyalty	Polish	Satisfaction	Teaching	

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