



List of Values
Creative Wellbeing Workshops, LLC

Accountability
 Accuracy
 Achievement
 Adventurousness
 Altruism
 Ambition
 Appreciation
 Assertiveness
 Authenticity
 Balance
 Being the best
 Belonging
 Boldness
 Calmness



Carefulness
 Caring
 Challenge
 Cheerfulness
 Clarity
 Clear-mindedness
 Collaboration
 Commitment
 Community
 Compassion
 Competitiveness
 Consistency
 Contentment
 Contribution
 Control
 Cooperation
 Correctness
 Courtesy

Creativity
 Curiosity
 Decisiveness
 Dependability
 Determination
 Devoutness
 Diligence
 Discipline
 Discretion
 Diversity
 Dynamism
 Economy
 Effectiveness
 Efficiency
 Elegance
 Eloquence
 Embodied
 Empathy
 Enjoyment
 Enthusiasm
 Equality
 Erudition
 Ethical
 Excellence
 Excitement
 Expertise
 Exploration
 Expressiveness
 Fairness
 Faith
 Family



Fashion
 Feminism

Fidelity
 Fitness
 Fluency
 Focus
 Freedom
 Frugal
 Fun



Functionality
 Generosity
 Goodness
 Grace
 Gratitude
 Growth
 Happiness
 Hard Work
 Health
 Helping
 Holiness
 Honesty
 Honor
 Humility
 Humanity
 Improvement
 Independence
 Individuality
 Ingenuity
 Inner Harmony
 Innovation
 Inquisitiveness
 Insightfulness
 Integrity

Intellectual Status
 Introspection
 Intensity
 Intuition
 Joy
 Justice
 Laughter
 Leadership
 Legacy
 Love



Loyalty
 Making a difference
 Mastery
 Natural
 Nurturing
 Merit
 Morality
 Mutuality
 Obedience
 Openness
 Order
 Originality
 Patriotism
 Perfection
 Perspective
 Philanthropy
 Piety
 Playfulness
 Positivity
 Power
 Practicality
 Preparedness
 Privacy
 Proactivity
 Professionalism
 Prudence
 Quality-Oriented
 Reliability
 Resourcefulness
 Restraint
 Results-Oriented
 Rigor
 Sacrifice

Satisfaction
 Security
 Self-Actualization
 Self-Control
 Selflessness
 Self-Reflection
 Self-Reliance
 Self-Regulation
 Sensitivity
 Serenity
 Service
 Sensuality
 Shrewdness
 Silence
 Simplicity
 Society
 Sophistication
 Soundness
 Speed
 Spirituality
 Spontaneity
 Stability
 Strategic
 Stealth
 Strength
 Structure
 Success
 Support
 Surprise
 Teamwork



Temperance
 Tidiness
 Thankfulness
 Thoroughness
 Thoughtfulness
 Thriftiness
 Timeliness
 Tolerance
 Traditionalism
 Tranquility
 Trustworthiness

Intelligence
 Truth-Seeking
 Understanding
 Uniqueness
 Vision
 Vitality
 Wealth



Wittiness
 Willingness
 Winning
 Wisdom
 Wonder
 Wisdom
 Youthfulness
 Zeal
 Zest

Activities:

- Add any values to the list that you think belong.
- Circle 5-10 most important values to you.
- Circle (in a different color) the values that are most important to your relationship(s).
- For a significant friend/colleague/mate circle (in yet another color) the values he/she thinks are most important to your relationship.
- Identify where you converge and diverge with him/her/others.
- What are you individually and collectively trying to accomplish?
- If you had all the means needed what would you individually/collectively do with those resources and how does that reflect yours and others' values?

References:

<http://www.values.com>
<http://www.stevepavlina.com>
<http://www.mindtools.com>
<http://www.viacharacter.org>