



## List of Values

*Creative Wellbeing Workshops, LLC*

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|---|--|--|
| <p>Accountability<br/>Accuracy<br/>Achievement<br/>Adventurousness<br/>Altruism<br/>Ambition<br/>Appreciation<br/>Assertiveness<br/>Authenticity<br/>Balance<br/>Being the best<br/>Belonging<br/>Boldness<br/>Calmness</p>  <p>Carefulness<br/>Caring<br/>Challenge<br/>Cheerfulness<br/>Clarity<br/>Clear-mindedness<br/>Collaboration<br/>Commitment<br/>Community<br/>Compassion<br/>Competitiveness<br/>Consistency<br/>Contentment<br/>Contribution<br/>Control<br/>Cooperation<br/>Correctness<br/>Courtesy</p> | <p>Creativity<br/>Curiosity<br/>Decisiveness<br/>Dependability<br/>Determination<br/>Devoutness<br/>Diligence<br/>Discipline<br/>Discretion<br/>Diversity<br/>Dynamism<br/>Economy<br/>Effectiveness<br/>Efficiency<br/>Elegance<br/>Eloquence<br/>Embodied<br/>Empathy<br/>Enjoyment<br/>Enthusiasm<br/>Equality<br/>Erudition<br/>Ethical<br/>Excellence<br/>Excitement<br/>Expertise<br/>Exploration<br/>Expressiveness<br/>Fairness<br/>Faith<br/>Family</p>  <p>Fashion<br/>Feminism</p> | <p>Fidelity<br/>Fitness<br/>Fluency<br/>Focus<br/>Freedom<br/>Frugal<br/>Fun</p>  <p>Functionality<br/>Generosity<br/>Goodness<br/>Grace<br/>Gratitude<br/>Growth<br/>Happiness<br/>Hard Work<br/>Health<br/>Helping<br/>Holiness<br/>Honesty<br/>Honor<br/>Humility<br/>Humanity<br/>Improvement<br/>Independence<br/>Individuality<br/>Ingenuity<br/>Inner Harmony<br/>Innovation<br/>Inquisitiveness<br/>Insightfulness<br/>Integrity</p> |
|---|--|--|

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>