

# Uncovering Your Values

Read through each of these values and mark the ones that you feel drawn to. Try not to analyze this too much, trust what you feel. You are looking for feelings of aliveness and vibrancy. Now, go back and revisit the ones you have marked and get them down to 10 values or less. What are those values that are absolutes in your life, the ones that guide you? You may find yourself combining some to create phrases.

Abundance	Cleanliness	Efficiency	Honesty	Peace	Sharing
Acceptance	Clear-mindedness	Elation	Honor	Perceptiveness	Significance
Accessibility	Closeness	Elegance	Hopefulness	Perfection	Silence
Accomplishment	Comfort	Empathy	Hospitality	Persistence	Simplicity
Accuracy	Commitment	Encouragement	Humor	Persuasiveness	Sincerity
Achievement	Compassion	Endurance	Imagination	Philanthropy	Skillfulness
Acknowledgement	Completion	Energy	Impact	Playfulness	Solidarity
Activeness	Composure	Enjoyment	Independence	Pleasure	Solitude
Adaptability	Concentration	Entertainment	Industry	Poise	Spirit
Adoration	Confidence	Enthusiasm	Ingenuity	Polish	Spirituality
Adventure	Conformity	Excellence	Inquisitiveness	Popularity	Spontaneity
Affection	Connection	Excitement	Insightfulness	Power	Spunk
Affluence	Consciousness	Exhilaration	Inspiration	Practicality	Stability
Aggressiveness	Consistency	Expectancy	Integrity	Precision	Stillness
Agility	Contentment	Expertise	Intelligence	Preparedness	Strength
Alertness	Continuity	Exploration	Intensity	Presence	Structure
Altruism	Contribution	Extroversion	Intimacy	Privacy	Success
Ambition	Control	Exuberance	Intuition	Proactivity	Support
Amusement	Conviction	Fairness	Inventiveness	Professionalism	Surprise
Appreciation	Coolness	Faith	Investing	Prosperity	Sympathy
Approachability	Cooperation	Fame	Joy	Punctuality	Synergy
Articulacy	Correctness	Family	Justice	Purity	Teamwork
Assertiveness	Courage	Fashion	Kindness	Reason	Thoroughness
Assurance	Courtesy	Fearlessness	Knowledge	Reasonableness	Thoughtfulness
Attractiveness	Creativity	Fidelity	Leadership	Recognition	Thrift
Availability	Curiosity	Financial	Learning	Recreation	Tidiness
Awareness	Daring	Independence	Liberation	Reflection	Tranquility
Awe	Decisiveness	Fitness	Logic	Relaxation	Trust
Balance	Delight	Flexibility	Longevity	Reliability	Trustworthiness
Beauty	Dependability	Flow	Love	Resilience	Truth
Being the best	Depth	Focus	Loyalty	Resolution	Understandint
Belonging	Desire	Frankness	Majesty	Resourcefulness	Uniqueness
Bliss	Determination	Freedom	Making a difference	Respect	Variety
Boldness	Devotion	Friendliness	Mastery	Rest	Victory
Bravery	Dignity	Fun	Maturity	Restraint	Virtue
Brilliance	Diligence	Generosity	Mellowness	Sacredness	Vision
Calmness	Direction	Giving	Mindfulness	Sacrifice	Vitality
Camaraderie	Directness	Grace	Motivation	Satisfaction	Warmth
Candor	Discovery	Gratitude	Mysteriousness	Security	Wealth
Capability	Discretion	Growth	Neatness	Self-control	Winning
Care	Diversity	Guidance	Open-mindedness	Selflessness	Wisdom
Carefulness	Dreaming	Happiness	Openness	Self-reliance	Wittiness
Challenge	Drive	Harmony	Optimism	Sensitivity	Wonder
Charity	Eagerness	Health	Organization	Sensuality	Youthfulness
Charm	Ecstasy	Heart	Originality	Serenity	
Cheerfulness	Education	Helpfulness	Outrageousness	Service	
Clarity	Effectiveness	Heroism	Passion	Sexuality	