

Discover Your Values

1. What motivates you? What is important to you? Read the following list of 230 values. Draw a star next to your top twenty core values. Then, create ways to express your core values.
1. **An Inspiring Life Mission**
2. **Meaningful, Enjoyable Life Work**
3. **Having A Powerful Vision & Clear Goals**
4. **Prioritizing Goals**
5. **Decisiveness**
6. **Being in an environment that supports my goals**
7. **Creating an environment that supports my goals**
8. **Having Aspirations**
9. **Seeking Opportunity**
10. Finding opportunities to advance
11. Making Progress
12. Experiencing Challenge
13. Making Improvements
14. **Life-Long Learning**
15. **Reading**
16. **Personal Growth**
17. **Exploration**
18. **Discovery**
19. **Competence**
20. **Skill**
21. **Achievement**
22. **Performance**
23. **Structure**
24. **Organization**
25. **Planning**
26. **Prioritizing**
27. **Free Time**

28. Appreciation
29. Recognition
30. Feeling Proud
31. Admiration
32. Prestige
33. **Popularity**
34. **Heroism**
35. **Fame**
36. **Honoring Obligations**
37. **Accountability**
38. **Responsibility**
39. **Taking Initiative**
40. **Leadership**

- 41. Respecting Authority
 - 42. Disciplining Effectively
 - 43. Guiding wisely
 - 44. Being Authoritative
 - 45. Being in Charge
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- 46. **Safety**
- 47. **Security**

- 48. **Sense of Belonging**
- 49. **Inclusiveness**
- 50. **Community**
- 51. **Family**
- 52. **Support**

- 53. **Feeling Settled**
 - 54. **Heritage**
 - 55. **Traditions**
 - 56. **Preservation**
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- 57. Change
 - 58. Pioneer Spirit
 - 59. Adventure
 - 60. Resourcefulness
 - 61. Courage
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- 62. **Tranquility**
- 63. **Calm**

- 64. **Enthusiasm**
- 65. **Celebration**

- 66. **Strong Emotions**
- 67. **Responsiveness**

- 68. Tenderness
- 69. Sentimental Feelings

- 70. **Care-Giving**
- 71. **Protecting**
- 72. **Nurturing**

- 73. **Attachment**
 - 74. **Love**
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- 75. **Attraction**
- 76. **Passion**

- 77. Romance
- 78. Affection
- 79. Sensual Pleasures
- 80. Marriage

- 81. **Courtesy**
 - 82. **Respect**
 - 83. **Feeling Validated**
 - 84. **Giving Praise**
 - 85. **Receiving Praise**
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- 86. **Variety of Good Relationships**
 - 87. **Deep Friendships**
- 88. **Communication**
 - 89. **Listening**
- 90. **Understanding**
 - 91. **Patience**
 - 92. **Forgiveness**
- 93. **Setting Boundaries**
 - 94. **Balance**
 - 95. **Giving**
 - 96. **Receiving**
- 97. **Cooperation**
 - 98. **Collaboration**
 - 99. **Harmony**
 - 100. **Teamwork**
 - 101. **Solidarity**
 - 102. **Loyalty**
- 103. **Justice**
 - 104. **Fairness**
- 105. **Conflict Resolution**
 - 106. **Peace**
- 107. **Autonomy**
 - 108. **Choice**
 - 109. **Free Will**
 - 110. **Freedom**
 - 111. **Empowerment**
 - 112. **Free Spirit**
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- 113. **Positive Attitude**
 - 114. **Optimism**
 - 115. **Openness**
 - 116. **Hope**
 - 117. **Joy**
- 118. **Tolerance**
 - 119. **Acceptance**
- 120. **Simplicity**
 - 121. **Contentment**
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- 122. **Fun Activities**
 - 123. **Humor**
 - 124. **Laughter**
 - 125. **Playfulness**
 - 126. **Silliness**
 - 127. **Spontaneity**
 - 128. **Variety**

 - 129. **Fun With Others**
 - 130. **Happiness**

 - 131. **Moderate Self-Reliance**
 - 132. **Independence**
 - 133. **Maximum Self-Reliance**
 - 134. **Isolation**

 - 135. Cultural Appreciation
 - 136. Artistic Expression
 - 137. Recreation

 - 138. **Imagination**
 - 139. **Innovation**
 - 140. **Creativity**

 - 141. **Flair**
 - 142. **Style**

 - 143. **Faith**
 - 144. **Profound Experience**
 - 145. **Meaning**
 - 146. **Inner Peace**

 - 147. Spiritual Guidance
 - 148. Prayer
 - 149. Meditation
 - 150. Reflection
 - 151. Nature
 - 152. Mystery

 - 153. **Service**
 - 154. **Generosity**
 - 155. **Goodness**
 - 156. **Integrity**

 - 157. **Authenticity**
 - 158. **Sincerity**
 - 159. **Honesty**
 - 160. **Trust**

 - 161. **Compassion**

 - 162. Gratitude
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163. **Curiosity**
 164. **Being Informed**
 165. **Being An Expert in Some Area**

166. **Critical Thinking**
 167. **Analysis**
 168. **Logic**
 169. **Common Sense**

170. **Philosophical Thinking**
 171. **Big Picture Thinking**

172. Intuition
 173. Insight
 174. Wisdom
 175. Dream Wisdom
 176. Spiritual Wisdom

177. **Rest**
 178. **Relaxation**
 179. **Rejuvenation**
 180. **Meeting One's Needs**

181. **Fitness**
 182. **Good Nutrition**
 183. **Sunlight**
 184. **Wellness**
 185. **Radiance**

186. **Participation**
 187. **Involvement**
 188. **Commitment**

189. Being Proactive
 190. Initiating
 191. Taking Action
 192. Tangible Results
 193. Intangible Results

194. **Power/Control**
 195. **Having Influence**

196. **Accepting Fate**

197. **Financial Planning**
 198. **Financial Success**
 199. **Practicality**
 200. **Thrift**

201. Commitment/Effort/Work
 202. Industriousness

- 203. **Discipline**
- 204. **Determination**
- 205. **Conviction**
- 206. **Seriousness**
- 207. **Persistence**

- 208. **Dependability**
- 209. **Strength**

- 210. **Doing Your Best**
- 211. **Excelling**
- 212. **Achieving Success**

- 213. **Quality**
- 214. **Accuracy**
- 215. **Excellence**
- 216. **Professionalism**
- 217. **Perfection**

- 218. **Speed**
- 219. **Efficiency**

- 220. **Punctuality**
- 221. **Predictability**
- 222. **Reliability**

- 223. **Cleanliness**
- 224. **Order**

- 225. **A little chaos**
- 226. **Uniqueness**
- 227. **Surprises**

- 228. **Beauty**
- 229. **Elegance**
- 230. **Majesty**

2. Of all the values above, which **two** make your life worth living?
