

LIST OF VALUES EXERCISE

Clarify Your Values Below are some common values. (They are not ‘the right ones’; merely common ones.) Please read through the list and write a letter next to each value, based on how important it is to you: V = very important, Q = quite important, and N = not important.

- Acceptance/self-acceptance: to be accepting of myself, others, life, etc.
- Adventure: to be adventurous; to actively explore novel or stimulating experiences
- Assertiveness: to respectfully stand up for my rights and request what I want
- Authenticity: to be authentic, genuine, and real; to be true to myself
- Caring/self-care: to be caring toward myself, others, the environment, etc.
- Compassion/self-compassion: to act kindly toward myself and others in pain
- Connection: to engage fully in whatever I’m doing and be fully present with others
- Contribution and generosity: to contribute, give, help, assist, or share
- Cooperation: to be cooperative and collaborative with others
- Courage: to be courageous or brave; to persist in the face of fear, threat, or difficulty
- Creativity: to be creative or innovative
- Curiosity: to be curious, open-minded, and interested; to explore and discover
- Encouragement: to encourage and reward behavior that I value in myself or others
- Excitement: to seek, create, and engage in activities that are exciting or stimulating
- Fairness and justice: to be fair and just to myself or others
- Fitness: to maintain or improve or look after my physical and mental health
- Flexibility: to adjust and adapt readily to changing circumstances
- Freedom and independence: to choose how I live and help others do likewise
- Friendliness: to be friendly, companionable, or agreeable toward others
- Forgiveness/self-forgiveness: to be forgiving toward myself or others
- Fun and humor: to be fun loving; to seek, create, and engage in fun-filled activities
- Gratitude: to be grateful for and appreciative of myself, others, and life
- Honesty: to be honest, truthful, and sincere with myself and others
- Industry: to be industrious, hardworking, and dedicated
- Intimacy: to open up, reveal, and share myself, emotionally or physically
- Kindness: to be kind, considerate, nurturing, or caring toward myself or others
- Love: to act lovingly or affectionately toward myself or others
- Mindfulness: to be open to, engaged in and curious about the present moment
- Order: to be orderly and organized
- Persistence and commitment: to continue resolutely, despite problems or difficulties.
- Respect/self-respect: to treat myself and others with care and consideration
- Responsibility: to be responsible and accountable for my actions
- Safety and protection: to secure, protect, or ensure my own safety or that of others
- Sensuality and pleasure: to create or enjoy pleasurable and sensual experiences
- Sexuality: to explore or express my sexuality
- Skillfulness: to continually practice and improve my skills and apply myself fully
- Supportiveness: to be supportive, helpful and available to myself or others
- Trust: to be trustworthy; to be loyal, faithful, sincere, and reliable
- Other: _____