

Values Clarification

Values are the essence of who we are. Values are principles that you hold to be of worth in your life. They are not chosen. Values are inherent/intrinsic.

Values

	IMPORTANCE Which 10 are most important? 1 = Most Important	BEHAVIOR Which 10 do you live by? 1 = Often Do/Act/Honor
Accuracy		
Adventure		
Authenticity		
Autonomy/Independence		
Beauty/Aesthetics/Nature		
Collaboration/Connection/Partnership		
Commitment		
Contribution/Service		
Creativity		
Directness		
Elegance		
Empowerment		
Excellence/Mastery		
Freedom to Choose		
Growth/Learning		
Harmony		
Health/Wellness/Fitness		
Honesty		
Humor		
Integrity		
Joy/Fun		
Justice		
Leadership		
Nurturing		
Orderliness		
Peace/Tranquility		
Personal Power		
Recognition		
Resilience		
Results		
Risk Taking		
Romance/Intimacy/Sensuality		
Security		
Spirituality		
Success/Achievement/Victory		
Tradition		
To Be Known/Self-expression		
Trust		
Vitality/Zest		