

Values List

Abundance	Artistry
Acceptance	Assertiveness
Accomplishment	Assurance
Accountability	Attentiveness
Accuracy	Attractiveness
Achievement	Audacity
Acknowledgement	Availability
Activeness	Awareness
Adaptability	Awe
Adoration	Balance
Advancement	Belonging
Adventure	Bliss
Affluence	Boldness
Aggressiveness	Bravery
Agility	Brilliance
Alertness	Buoyancy
Altruism	Calmness
Amazement	Capability
Ambition	Care
Amusement	Carefulness
Anticipation	Certainty
Appreciation	Challenge
Approachability	Change
Approval	Charity

Values List

Charm	Continuity
Chastity	Contribution
Cheerfulness	Control
Clarity	Conviction
Cleanliness	Cooperation
Cleverness	Correctness
Closeness	Country
Comfort	Courage
Commitment	Courtesy
Community	Craftiness
Compassion	Creativity
Competence	Credibility
Competition	Cunning
Completion	Curiosity
Composure	Daring
Concentration	Decisiveness
Confidence	Deference
Conformity	Delight
Congruency	Dependability
Connection	Depth
Consciousness	Desire
Conservation	Determination
Consistency	Devotion
Contentment	Dexterity

Values List

Dignity	Enthusiasm
Diligence	Environmentalism
Direction	Ethics
Discipline	Euphoria
Discovery	Excellence
Discretion	Excitement
Diversity	Exhilaration
Dominance	Expectancy
Dreaming	Experience
Drive	Expertise
Duty	Exploration
Ease	Expressiveness
Economy	Extravagance
Ecstasy	Extroversion
Education	Fairness
Effectiveness	Faith
Efficiency	Fame
Elation	Family
Elegance	Fascination
Empathy	Fearlessness
Encouragement	Ferocity
Endurance	Fidelity
Energy	Fierceness
Enjoyment	Financial independence

Values List

Firmness	Holiness
Fitness	Honor
Flexibility	Hopefulness
Flow	Hospitality
Fluency	Humility
Focus	Humor
Fortitude	Hygiene
Frankness	Imagination
Freedom	Impact
Friendliness	Impartiality
Friendship	Independence
Fun	Individuality
Generosity	Industry
Giving	Influence
Grace	Ingenuity
Gratitude	Inquisitiveness
Growth	Insightfulness
Guidance	Inspiration
Happiness	Integrity
Harmony	Intellect
Health	Intelligence
Heart	Intensity
Helpfulness	Intimacy
Heroism	Intrepidity

Values List

Introspection	Marriage
Introversion	Mastery
Intuition	Maturity
Intuitiveness	Meaning
Inventiveness	Mellowness
Investing	Mindfulness
Involvement	Modesty
Joy	Motivation
Judiciousness	Mysteriousness
Justice	Nature
Keeness	Neatness
Kindness	Nerve
Knowledge	Obedience
Leadership	Openness
Learning	Optimism
Liberation	Order
Liberty	Organization
Lightness	Originality
Liveliness	Outdoors
Logic	Outrageousness
Longevity	Partnership
Love	Patience
Loyalty	Passion
Majesty	Peace

Values List

Perceptiveness	Prosperity
Perfection	Prudence
Perseverance	Punctuality
Persistence	Purity
Persuasiveness	Rationality
Philanthropy	Realism
Playfulness	Reason
Pleasantness	Reasonableness
Pleasure	Recognition
Poise	Recreation
Polish	Refinement
Popularity	Reflection
Potency	Relaxation
Power	Reliability
Practicality	Relief
Pragmatism	Religiousness
Precision	Reputation
Preparedness	Resilience
Presence	Resolution
Pride	Resolve
Privacy	Resourcefulness
Proactivity	Respect
Professionalism	Responsibility
	Rest

Values List

Restraint	Silliness
Reverence	Simplicity
Rigor	Sincerity
Sacredness	Skillfulness
Sacrifice	Solidarity
Sagacity	Solitude
Saintliness	Sophistication
Sanguinity	Soundness
Satisfaction	Speed
Science	Spirit
Security	Spirituality
Self-control	Spontaneity
Selflessness	Spunk
Self Love	Stability
Self-reliance	Status
Self-respect	Stealth
Sensitivity	Stillness
Sensuality	Strength
Serenity	Structure
Service	Success
Sexuality	Support
Sharing	Supremacy
Shrewdness	Surprise
Significance	Sympathy

Values List

Silence	Vigor
Synergy	Virtue
Teaching	Vision
Teamwork	Vitality
Temperance	Vivacity
Thankfulness	Volunteering
Thoroughness	Warmheartedness
Thoughtfulness	Warmth
Thrift	Watchfulness
Tidiness	Wealth
Timeliness	Willfulness
Traditionalism	Willingness
Tranquility	Winning
Transcendence	Wisdom
Trust	Wittiness
Trustworthiness	Wonder
Truth	Worthiness
Understanding	Youthfulness
Uniqueness	Zeal
Unity	
Usefulness	
Utility	
Valor	
Variety	

Values List

Lesson #24 – Your Values

As mentioned in Lesson 24 of the workbook, “Engage, Connect, Grow”:

Review the list of values and write down the ones that you gravitate to. Make a short list of three to six and spend some time living with these values. Review your list daily.

You can journal about your experience.

What are you noticing when you are living by your values?

What are you feeling as you live by them?

How comfortable are you with sharing your values with others?

What do you experience when your values are not in alignment with someone else?

How does your life experience change when you live by focusing on your values?