

## Non-exhaustive List of Values

Accountability	Empowerment	Innovation	Recognition
Achievement	Enlightenment	Integrity	Relationships
Advancement	Entrepreneurship	Involvement	Religion
Adventure	Environment	Joy	Respect
Affection	Equality	Justice	Responsibility
Authenticity	Ethical	Kindness	Responsiveness
Autonomy	Excellence	Knowledge	Risk-taking
Balance	Excitement	Leadership	Safety
Beauty	Expertise	Learning	Sanctuary
Caring	Fairness	Life	Security
Challenge	Faith	Love	Self-esteem
Change	Fame	Loyalty	Serenity
Collaboration	Family	Meaning	Service
Compassion	Fidelity	Mercy	Sharing
Communication	Flexibility	Merit	Simplicity
Community	Forgiveness	Money	Stability
Competence	Freedom	Nature	Status
Competition	Friendship	Nirvana	Stewardship
Connectedness	Fun	Openness	Strength
Consensus	God	Order	Success
Conviction	Goodness	Partnership	Teamwork
Cooperation	Gratitude	Passion	Tradition
Country	Greatness	Patience	Trust
Courage	Growth	Peace	Truth
Curiosity	Happiness	Perfection	Understanding
Dedication	Harmony	Perseverance	Uniqueness
Decisiveness	Healing	Personal Development	Variety
Democracy	Health	Philanthropy	Vision
Development	Home	Pleasure	Vitality
Dignity	Honesty	Positive Attitude	Wealth
Discipline	Honor	Power	Wellness
Diversity	Humility	Privacy	Wholeness
Duty	Humor	Productivity	Winning
Education	Imagination	Professionalism	Wisdom
Effectiveness	Independence	Prosperity	Work
Efficiency	Individuality	Purpose	
Empathy	Influence	Quality	

Activity:

**For guidance, have a look at the non-exhaustive list of values provided here. This is not a comprehensive list of all possible values and you can choose others that do not appear here as well.**

1. Think about – all of the factors you considered in the following situations...
  - How did you decide to take the job you have (including the job of raising children, if you stay home)? What were the factors at play?
  - How did you decide to be in – or end -- major relationships (either friendly or romantic) you've been in?
  - How do you spend most of your time? While at work? When not at work? What do you do and who do you do it with?
  - How did you decide where to live? What city or neighborhood did you choose and why?
  - How do you spend or not spend your money – what big purchases have you made in the past year or what did you decide not to buy?
2. Where is there commonality in the lists you just made among the various decisions or choices – all of the LIVED decisions?
  - Are these among your most deeply LIVED values? If not, what would you substitute?
3. Now ask yourself – do the LIVED values you've listed, correspond to what's INSIDE – to what you hold dear--to the values you most care about? These values that you hold dear, the ones you care MOST about are your HELD values.
  - What's missing? List as many of them as you think are important to you.
4. Narrow the list to five. What are the top five values you want to claim as yours?
5. Now reflect, write, discuss (however you like to process)
  - What is easy and challenging about using your values to guide your behavior and choices?
  - What do you think is stopping you from living more in alignment with your values?
  - How do you grapple with tensions in your values?