

Choose an area of life (work/education, leisure, relationships, personal growth/health). Decide which values are V (Very important), Q (Quite important), or N (Not important) to you. Now, go through the ones you marked as V. Choose 3 (or more) that are most important to you. Write them out as a note to remind yourself that this is what you want to stand for as a human being in that particular domain of life.

1. **Acceptance:** to be open to and accepting of myself, others, and life.
2. **Adventure:** to be adventurous; to actively seek, create, or explore novel or stimulating experiences.
3. **Assertiveness:** to respectfully stand up for my rights and request what I want.
4. **Authenticity:** to be authentic, genuine, real; to be true to myself.
5. **Beauty:** to appreciate, create, nurture, or cultivate beauty in myself, others, and the environment.
6. **Caring:** to be caring towards myself, others, and the environment.
7. **Challenge:** to keep challenging myself to grow, learn, and improve.
8. **Compassion:** to act with kindness towards those who are suffering.
9. **Connection:** to engage fully in whatever I am doing and be fully Present with others.
10. **Contribution:** to contribute, help, assist, or make a positive difference to myself or others.
11. **Conformity:** to be respectful and obedient of rules and obligations.
12. **Cooperation:** to be cooperative and collaborative with others.
13. **Courage:** to be courageous or brave; to persist in the face of fear, threat, or difficulty.
14. **Creativity:** to be creative or innovative.
15. **Curiosity:** to be curious, open-minded, and interested; to explore and discover.
16. **Encouragement:** to encourage and reward behavior that I value in myself or others.
17. **Equality:** to treat others as equal to myself.
18. **Excitement:** to seek, create, and engage in activities that are exciting, stimulating, or thrilling.
19. **Fairness:** to be fair to myself or others.
20. **Fitness:** to maintain or improve my fitness; to look after my physical and mental health and well-being.

21. **Flexibility:** to adjust and adapt readily to changing circumstances.
22. **Freedom:** to live freely; to choose how I live and behave, or help others do likewise.
23. **Friendliness:** to be friendly, companionable, or agreeable towards others.
24. **Forgiveness:** to be forgiving towards myself or others.
25. **Fun:** to be fun-loving; to seek, create, and engage in fun-filled activities.
26. **Generosity:** to be generous, sharing and giving to myself or others.
27. **Gratitude:** to be grateful for and appreciative of the positive aspects of myself, others, and life.
28. **Honesty:** to be honest, truthful, and sincere with myself and others.
29. **Humor:** to see and appreciate the humorous side of life.
30. **Humility:** to be humble or modest; to let my achievements speak for themselves.
31. **Industry:** to be industrious, hard-working, and dedicated.
32. **Independence:** to be self-supportive and choose my own way of doing things.
33. **Intimacy:** to open up, reveal, and share myself- emotionally or physically in my close personal relationships.
34. **Justice:** to uphold justice and fairness.
35. **Kindness:** to be kind, compassionate, considerate, nurturing or caring towards myself or others.
36. **Love:** to act lovingly or affectionately towards myself or others.
37. **Mindfulness:** to be conscious of, open to, and curious about my here-and-now experience.
38. **Order:** to be orderly and organized.
39. **Open-mindedness:** to think things through, see things from others' points of view and weigh evidence fairly.
40. **Patience:** to wait calmly for what I want.
41. **Persistence:** to continue resolutely, despite problems or difficulties.
42. **Pleasure:** to create and give pleasure to myself or others.
43. **Power:** to strongly influence or wield authority over others, e.g. taking charge, leading, and organizing.

- 44. **Reciprocity:** to build relationships in which there is a fair balance of giving and taking.
- 45. **Respect:** to be respectful towards myself or others; to be polite, considerate and show positive regard.
- 46. **Responsibility:** to be responsible and accountable for my actions.
- 47. **Romance:** to be romantic; to display and express love or strong affection.
- 48. **Safety:** to secure, protect, or ensure safety of myself or others.
- 49. **Self-awareness:** to be aware of my own thoughts, feelings, and actions.
- 50. **Self-care:** to look after my health and well-being and get my needs met.
- 51. **Self-development:** to keep growing, advancing, or improving in knowledge, skills, character or life experience.
- 52. **Self-control:** to act in accordance with my own ideals.
- 53. **Sensuality:** to create, explore, and enjoy experiences that stimulate the five senses.
- 54. **Sexuality:** to explore or express my sexuality.
- 55. **Spirituality:** to connect with things bigger than myself.
- 56. **Skillfulness:** to continually practice and improve my skills and apply myself fully when using them.
- 57. **Supportiveness:** to be supportive, helpful, encouraging, and available to myself or others
- 58. **Trust:** to be trustworthy; to be loyal, faithful, sincere, and reliable.

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### My Top 3 Values

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- 2.  .....
- 3.  .....