

Clarifying Your Values*

Acceptance

Achievement

Adaptability

Adventure

Ambition

Assertiveness

Authenticity

Balance

Beauty

Caring

Collaboration

Commitment

Compassion

Competence

Cooperation

Courage

Creativity

Curiosity

Determination

Dignity

Diversity

Encouragement

Excitement

Fairness &
justice

Flexibility

Freedom

Forgiveness

Friendliness

Fun & humor

Generosity

Gratitude

Harmony

Honesty

Hope

Intimacy

Inspiration

Kindness

Love

Mindfulness

Nurturing

Persistence

Respect

Responsibility

Safety & protection

Sensuality &
pleasure

Sexuality

Skillfulness

Trust

Faith/Spirituality

Personal Growth

Common Good

Fitness

Health

Independence

Integrity

Mercy

Openness

Optimism

Power

Prosperity

Resilience

Security

Success

Tranquility

Wellbeing

...add your own!

*Most items from Harris' "Clarifying Your Values" questionnaire; a few from TheGoodProject.org value sort activity; and a handful of recent additions from SarahJWebb.com "Values for life, love and work"