

## Values Worksheet

Authenticity	Pleasure	Joy/Play
Achievement	Poise/Confidence	Forgiveness
Safe-Being or Feeling	Courage/Charisma	Work Ethic/Professionalism
Authority/Leadership	Recognition	Excitement
Independence	Meaningful Work	Consistency
Balance/Reciprocity	Reputation	Contentment
Patience/Good Listener	Peace	Involvement
Boldness	Optimism	Encouragement
Wellness/Fitness	Physical Security	Wisdom
Challenge/Change	Being Seen	Beauty
Appreciation	Service	Caring
Community	Guarded	Personal Growth/Grace
Competency	Stability/Order	Endurance
Contribution	Success/Effectiveness	Honest
Creativity	Status	Adventure
Curiosity	Trustworthiness	Kindness
Determination	Wealth/Financial Security	Teamwork
Clarity	Wisdom	Career
Faith or Religion	Family	Communication
Popularity/Fame	Freedom	Self Protection
Gratitude	Emotional Security	Excellence
Education/Knowledge	Self Aware	Innovation
Respect Others	Intelligence	Quality
Happiness	Abundance/Financial Security	Compassion
Supportive	Creativity	Frugality
Humor	Teaching	Individuality
Influence	Success	Strength
Inner Harmony	Legacy	Equality
Justice/Fairness	Invention	Cooperation
Kindness	Diversity	Speed
Acceptance	Generosity	Power
Enjoyment/Fun	Integrity/Self Respect	Open/Receptive
Learning	Intuition	Being 'of Service'
Love/Affection	Responsibility	Humility
Loyalty/Commitment	Forgiveness	Feeling Connected

This is a quick worksheet. Do not think too much about it, just move through it quickly and put what feels right. On a scale of 0-7, 0=No Value and 7=Very Important, rank these values according to what you value or respect in other people.