

## VALUES LIST

You can use the following values list however you want. You can use the columns to reflect on where you've been or where you want to be, or just fill in one for yourself and one for your community. Maybe you like number scales (1-5), or just type notes. There's room to add values at the end, if there are values you want to see that are not here! Pick the ten that are most meaningful and do some writing/reflection about them, the possibilities are endless!

|                        | A | B | C |                    | A | B | C |
|------------------------|---|---|---|--------------------|---|---|---|
| Abundance              |   |   |   | Love               |   |   |   |
| Accountability         |   |   |   | Loving kindness    |   |   |   |
| Adventure              |   |   |   | Loyalty            |   |   |   |
| Altruism               |   |   |   | Meaningfulness     |   |   |   |
| Assertiveness          |   |   |   | Mercy              |   |   |   |
| Attractiveness         |   |   |   | Mutuality          |   |   |   |
| Authenticity           |   |   |   | Open Communication |   |   |   |
| Authority              |   |   |   | Openness           |   |   |   |
| Balance                |   |   |   | Optimism           |   |   |   |
| Beauty                 |   |   |   | Orderliness        |   |   |   |
| Belonging              |   |   |   | Originality        |   |   |   |
| Cheerfulness           |   |   |   | Passion            |   |   |   |
| Clarity                |   |   |   | Perfection         |   |   |   |
| Clear Chain of Command |   |   |   | Perseverance       |   |   |   |
| Comfort                |   |   |   | Playfulness        |   |   |   |
| Commitment             |   |   |   | Pleasure           |   |   |   |
| Community              |   |   |   | Pluralism          |   |   |   |
| Competence             |   |   |   | Politeness         |   |   |   |
| Competition            |   |   |   | Popularity         |   |   |   |
| Control                |   |   |   | Power              |   |   |   |
| Cooperation            |   |   |   | Presence           |   |   |   |
| Cooperative Economics  |   |   |   | Privacy            |   |   |   |
| Courage                |   |   |   | Private Ownership  |   |   |   |
| Creativity             |   |   |   | Professionalism    |   |   |   |
| Diversity              |   |   |   | Profit             |   |   |   |
| Dominance              |   |   |   | Public Service     |   |   |   |
| Duty                   |   |   |   | Punctuality        |   |   |   |
| Ease                   |   |   |   | Purposefulness     |   |   |   |
| Ecology                |   |   |   | Quality            |   |   |   |
| Education              |   |   |   | Reciprocity        |   |   |   |
| Egalitarianism         |   |   |   | Redistribution     |   |   |   |
| Endurance              |   |   |   | Relationships      |   |   |   |
| Equality               |   |   |   | Reliability        |   |   |   |
| Ethnicity              |   |   |   | Respect            |   |   |   |
| Excellence             |   |   |   | Respectability     |   |   |   |
| Expertise              |   |   |   | Responsibility     |   |   |   |
| Fairness               |   |   |   | Reverence          |   |   |   |
| Faith                  |   |   |   | Safety             |   |   |   |
| Fame                   |   |   |   | Security           |   |   |   |
| Family                 |   |   |   | Self-Expression    |   |   |   |

|                 | A | B | C |                    | A | B | C |
|-----------------|---|---|---|--------------------|---|---|---|
| Fearlessness    |   |   |   | Self-Respect       |   |   |   |
| Flexibility     |   |   |   | Self-Sufficiency   |   |   |   |
| Follow Through  |   |   |   | Sensuality         |   |   |   |
| Fortitude       |   |   |   | Simplicity         |   |   |   |
| Freedom         |   |   |   | Solitude           |   |   |   |
| Friendship      |   |   |   | Speed              |   |   |   |
| Generosity      |   |   |   | Spiritual Practice |   |   |   |
| God / Spirit    |   |   |   | Spirituality       |   |   |   |
| Gratification   |   |   |   | Spontaneity        |   |   |   |
| Gratitude       |   |   |   | Stability          |   |   |   |
| Happiness       |   |   |   | Stillness          |   |   |   |
| Health          |   |   |   | Strength           |   |   |   |
| Heroism         |   |   |   | Thrift             |   |   |   |
| Honesty         |   |   |   | Tranquility        |   |   |   |
| Hopefulness     |   |   |   | Transparency       |   |   |   |
| Hospitality     |   |   |   | Trust              |   |   |   |
| Humility        |   |   |   | Trustworthiness    |   |   |   |
| Humor           |   |   |   | Truth              |   |   |   |
| Humor           |   |   |   | Understanding      |   |   |   |
| Inclusivity     |   |   |   | Uniqueness         |   |   |   |
| Independence    |   |   |   | Variety            |   |   |   |
| Individualism   |   |   |   | Variety            |   |   |   |
| Individuality   |   |   |   | Vision             |   |   |   |
| Industry        |   |   |   | Wealth             |   |   |   |
| Innovation      |   |   |   | Winning            |   |   |   |
| Integrity       |   |   |   | Wisdom             |   |   |   |
| Intelligence    |   |   |   | Wit                |   |   |   |
| Intensity       |   |   |   | Wonder             |   |   |   |
| Interdependence |   |   |   | Youthfulness       |   |   |   |
| Joyfulness      |   |   |   | OTHER:             |   |   |   |
| Justice         |   |   |   | Dignity            |   |   |   |
| Kindness        |   |   |   | Volunteerism       |   |   |   |
| Knowledge       |   |   |   |                    |   |   |   |
| Leadership      |   |   |   |                    |   |   |   |
| Longevity       |   |   |   |                    |   |   |   |