

# VALUES GAME

Copy the sheets with the value cards from the download area<sup>16</sup> and cut them out. Go through the stack once and develop a short connection with each of the values. Get a feel for whether it seems important or unimportant to your life, or perhaps even evokes very strong positive or negative feelings.

Now mix the pile well and pick up ten cards. Place these value cards very visibly in front of you.

Now alternate between the following things:

Uncover a card from the stack and decide if you want it. If so, you have to trade one of your value cards from in front of you in exchange, so you still have ten cards in front of you after the action.

Sort your cards in front of you and remove one card.

Alternate steps one and two until you only have 3 cards left. Complete step one and two in a maximum of one minute each.

You will notice the fewer cards you have, the harder the process of removing a card becomes.

In the end you will record the three remaining values, and also the seven that you last removed. Ask yourself what values were in the pile that you haven't drawn, but you hoped for. Add these values to your list also; It's best to again exchange them with your other values, so the total number remains at ten.

Through this game process, you get a much more meaningful list than if you had only created it in your head!

**Abundance**

**Acceptance**

**Altruism**

**Agility**

**Authenticity**

**Achievement**

**Adventure**

**Authority**

**Autonomy**

**Awareness**

**Awe**

**Balance**

**Bliss**

**Bravery**

**Brilliance**

**Beauty**

**Boldness**

**Compassion**

**Calmness**

**Care**

**Comittment**

**Confidence**

**Congruency**

**Courage**

**Competency**

**Contribution**

**Creativity**

**Couriosity**

**Diligence**

**Dignity**

**Determination**

**Efficiency**

**Elegance**

**Empathy**

**Enthusiasm**

**Excellence**

**Fairness**

**Faith**

**Fame**

**Friendship**

**Fitness**

**Fun**

**Growth**

**Generosity**

**Gentility**

**Gratitude**

**Grace**

**Happiness**

**Honesty**

**Humor**

**Honor**

**Humility**

**Inspiration**

**Influence**

**Integrity**

**Intuition**

**Influence**

**Inner Harmony**

**Justice**

**Kindness**

**Knowledge**

**Leadership**

**Learning**

**Love**

**Loyalty**

**Meaningful Work**

**Mastery**

**Mindfulness**

**Modesty**

**Motivation**

**Openness**

**Optimism**



**Originality**

**Passion**

**Perserverence**

**Power**

**Prosperity**

**Peace**

**Pleasure**

**Poise**

**Popularity**

**Recognition**

**Religion**

**Reputation**



**Respect**

**Responsibility**

**Security**

**Self-Respect**

**Service**

**Spirituality**

**Stability**

**Success**

**Status**

**Trust-  
worthiness**

**Wealth**

**Wisdom**