

Tru Values List

150 Tru Values. Use this list in conjunction with the Tru Values Program.

ADVENTURE

Risk	The Unknown
Danger	Dare
Gamble	Endeavor
Quest	Exhilaration

Thrill
Speculation
Experiment
Venture

BEAUTY

Grace	Refinement
Attractiveness	Loveliness
Elegance	Taste

Magnificence
Radiance
Gloriousness

TO CATALYZE

Impact	Move forward
Turn on	Unstick others
Spark	Encourage
Stimulate	Energize

Touch
Coach
Influence
Alter

TO CONTRIBUTE

Serve	Improve
Assist	Endow
Facilitate	Minister to
Provide	Foster

Augment
Strengthen
Grant
Assist

TO CREATE

Design	Invent
Imagination	Ingenuity
Conceive	Plan
Perfect	Assemble

Synthesize
Originality
Build
Inspire

TO DISCOVER

Learn	Detect
Locate	Realize
Discern	Distinguish

Perceive
Uncover
Observe

TO FEEL

Emote	To experience
To glow	Sense
Energy flow	In touch with

To feel good
Be with
Sensations

TO LEAD

Guide	Inspire	Influence
Cause	Arouse	Interest
Reign	Govern	Rule
Persuade	Model	Encourage

MASTERY

Expert	Dominate field	Adept
Dominate field	Superiority	Preeminence
Primacy	Greatest	Best
Outdo	Set standards	Excellence

PLEASURE

Have fun	Be hedonistic	Sex
Sensual	Bliss	Be amused
Be entertained	Play games	Sports

TO RELATE

Be connected	To unite	Be integrated
Be bonded	To nurture	Be linked
Be with	Family	Part of community

BE SENSITIVE

Tenderness	Touch	Perceive
Be present	Empathize	Support
Respond	See	Show compassion

BE SPIRITUAL

Be aware	Be awake	Be accepting
Relate with God	Devoting	Holy
Honoring	Be passionate	Religious

TO TEACH

Educate	Instruct	Enlighten
Inform	Prepare	Edify
Prime	Uplift	Explain

TO WIN

Prevail	Accomplish	Attain
Score	Acquire	Win over
Triumph	Predominate	Attract

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