

Handout: List of Values

Acceptance	Flexibility	Predictability
Accomplishment	Forgiveness	Pride
Acquisition	Freedom	Prosperity/Wealth
Adventure	Friendship	Purpose
Affiliation	Frugality	Quietness
Authenticity	Fun	Recognition
Authority	Generosity	Relationship
Autonomy	Global Responsibility	Religious faith
Balance	Happiness	Respect
Beauty	Harmony	Responsibility
Challenge	Health/Fitness	Risk-taking
Commitment	Helping	Security
Communication	Home	Self-Awareness
Community	Honesty	Self-Care
Companionship	Humility	Self-discipline
Compassion	Humor	Self-esteem
Competence	Idealism	Self Mastery
Competition	Influence	Self-sufficiency
Conformity	Independence	Service to others
Connection	Integrity	Sex
Conservation	Intimacy	Social status
Contentment	Joy	Socialization
Contribution	Justice	Space
Control/Power	Kindness	Spirituality
Cooperation	Leadership	Spontaneity
Creativity	Learning	Stability
Cultural heritage	Listening	Structure
Curiosity	Love	Supportability
Dependability/Reliability	Loyalty	Survival
Diversity/Differences	Meaning	Teaching
Duty	Moderation	Team Work
Education	Mutuality/Reciprocity	Time Freedom
Elegance/Grace	Nature	Tolerance
Emotional Awareness	Nurturing	Tradition
Emotional Expression	Nutrition	Trust
Equity/Fairness	Obligation	Truth
Ethics/Morality	Parenting	Variety
Excitement	Passion	Wholeness
Exploring	Peace	Wisdom
Faith	Personal growth	Wonder
Family	Play	Work
Financial security	Pleasure	