

Values are the principles, beliefs and attitudes that guide your decisions, actions and behaviors. When you are not in alignment with your values, when you act in a way conflicting to your core beliefs, your life doesn't flow easily - you seem to struggle with almost everything.

Know your values - direct your life!

List of Values

• Accomplishment	Creativity	Guiding	Mastery	Respectfulness
Achievement	Credit	Happiness	Materialism	Responsibility
Activity	Culture	Healing	Maturity	Retirement
Admiration	Decisiveness	Health	Meditation	Rewards
Advancement	Dining Out	Health insurance	Mentoring	Riches
Advantage	Discipline	Helping others	Metaphysics	Satisfaction
Adventure	Docility	High standards	Military	Schedule
Advocacy	Dominance	Holiness	Millions	Security
Affection	Drama	Home	Modesty	Self-expression
Affluence	Duty	Honesty	Money	Self-reliance
Age	Eating	Honor	Morality	Self-respect
Ambition	Economic security	Hope	National security	Self-satisfaction
America	Education	Humility	Neatness	Service
✓ Appearance	Employment	Humor	New car	Sincerity
Art appreciation	Endurance	Imagination	Nonconformity	Social life
Artistic expression	Energy	Improving society	Nurture	Social power
Athletics	Enjoyment	Impulse	Obedience	Social recognition
Authenticity	Enterprise	Income	Order	Social relations
Authority	Entertainment	Independence	Outdoor life	Space
Autonomy	Entrepreneurship	Individualism	Ownership	Spirituality
Beauty	Environment	Industriousness	Participating with Others	Sports
Belonging	Equality	Influence over others	Patience	Stability
Brotherhood	Equal opportunity	Inner direction	Peacefulness	Stamina
Business	Eternal life	Inner guild	Persistence	Standing up for beliefs
Career	Exciting life	Inner harmony	Personal development	Status
Caring	Exercise	Innovation	Philanthropy	Stimulation
Challenge	Experience	Insurance	Philosophy	Suburban focus
Charity	Experimentation	Integrity	Play	Suburban living
Clarity	Faith	Intellectual stimulation	✓ Pleasure	✓ Success
Close friends	Fame	Interpersonal relations	Politics	Survival
Club membership	Family	Intimacy	Possessions	Taking risks
College degree	Family orientation	Involvement	Power	Teamwork
Comfort	Family security	Joviality	Process	Technique
Commitments	Flamboyance	Joy	Production	Tenacity
Competition	Free choice	Lack of pretense	Professionalism	Tradition
Conformity	Freedom	Laughter	✓ Prosperity	Tranquility
Connections	Free time	Leadership	Psychic power	Travel
Conservation	Friendship	Leisure	Reading	Trust
Consistency	Frivolity	Life	Rebellion	Truthfulness
Control	Fun	Life insurance	Recognition	Urban focus
Cooperation	God's will	Literature	Religion	Urban living
Country	Golden rule	Love	Religious beliefs	Wealth
Country focus	Good income	Lover	Reputation	Welfare
Country living	Goodness	Loyalty	✓ Respect	Well-being
Crafts	Gracious living	Managing		Winning

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