

Sample Values List

Values are states of being. They are the foundation for all you do and have in your life.

They support you to make empowering, conscious and fulfilling life choices.

Acceptance	Friendship	Self-esteem
Accomplishment	Full Self-expression	Self-Respect
Accuracy	Fun	Self-worth
Acknowledgement	Gratitude	Sensuality
Adventure	Growth	Service/Helping Others
Aesthetics	Harmony	Simplicity
Assertiveness	Honesty	Space
Authenticity	Honour	Spirituality
Balance	Humility	Spontaneity
Beauty	Humour	Stability
Celebration	Inclusion	Strength
Challenge	Independence	Success
Change	Innocence	Support
Choice	Innovation	Tradition
Clarity	Inspiration	Trust
Collaboration	Integrity	Truthfulness
Commitment	Intelligence	Variety
Communication	Joy	Visionary
Community	Justice	Vitality
Compassion	Leadership	Wisdom
Competence	Learning	Zest
Comradeship	Lightness	
Confidence	Love	
Connection	Loyalty	
Consciousness	Nurturing	
Consideration	Openness	
Consistency	Order	
Contribution	Participation	
Cooperation	Partnership	
Courage	Passion	
Creativity	Peace	
Decisiveness	Performance	
Directness	Positive Attitude	
Discovery	Practicality	
Ease	Presence	
Elegance	Privacy	
Empathy	Productivity	
Empowerment	Recognition	
Equality	Respect	
Excellence	Responsibility	
Expression	Risk Taking	
Faith	Romance	
Family	Safety	
Focus	Security	
Free Spirit		
Freedom		