



The Values Checklist

Below is a list of values that people sometimes care about...but not always. Work through the list and for each value, indicate how important it is to you from zero (not at all important) to three (very important).

Two things to keep in mind...

(1) You are answering in the ideal. Imagine if you were living the perfect life. What would you be doing? What would be caring about?

(2) You are answering for yourself and nobody else. Sometimes we feel pulled to care about things (or not care about things) because someone in our life wants us to feel a certain way. For now, try to suspend that pressure and focus on things that you find important.

Values	For each value, rate it based on if it is: Not Important (0), Somewhat important (1), Important (2) or Very Important (3)	0	1	2	3
1. ACCEPTANCE	To be accepted as I am				
2. ACCURACY	To be correct in my opinions and beliefs				
3. ACHIEVEMENT	To have important accomplishments				
4. ADVENTURE	To have new and exciting experiences				
5. ART	To appreciate or express myself in art				
6. ATTRACTIVENESS	To be physically attractive				
7. AUTHORITY	To be in charge of others				
8. AUTONOMY	To be self-determined and independent				
9. BEAUTY	To appreciate beauty around me				
10. BELONGING	To have a sense of being part of				
11. CARING	To take care of others				
12. CHALLENGE	To take on difficult tasks and problems				
13. COMFORT	To have a pleasant, comfortable life				
14. COMMITMENT	To honor promises I make				
15. COMPASSION	To feel and act on concerns for others				
16. COMPLEXITY	To embrace the intricacies of life				
17. COMPROMISE	To be willing to negotiate, reach agreements				
18. CONTRIBUTION	To make a lasting contribution in the world				
19. COOPERATION	To work collaboratively with others				
20. COURAGE	To be brave, strong in the face of adversity				
21. COURTESY	To be considerate and polite to others				
22. CREATIVITY	To create new things, ideas				
23. CURIOSITY	To seek out, learn, experience new things				
24. DEPENDABILITY	To be reliable and trustworthy				

25.	DILIGENCE	To be thorough and conscientious in whatever I do				
26.	DUTY	To carry out my duties, obligations				
27.	ECOLOGY	To live in harmony with the environment				
28.	EXCITEMENT	To have a life full of thrills and stimulation				
29.	FAITHFULNESS	To be loyal and true in relationships				
30.	FAME	To be known and recognized				
31.	FAMILY	To have a happy, loving family				
32.	FITNESS	To be physically fit and strong				
33.	FLEXIBILITY	To adjust to new circumstances easily				
34.	FORGIVENESS	To be forgiving of others				
35.	FREEDOM	To be from undue restrictions, limitations				
36.	FRIENDSHIP	To have close, supportive friends				
37.	FUN	To play and enjoy myself				
38.	GENEROSITY	To give what I have to others				
39.	GENUINENESS	To act in a manner that is true to who I am				
40.	GOD'S WILL	To seek and obey the will of God				
41.	GRATITUDE	To be thankful, appreciative				
42.	GROWTH	To keep changing, growing				
43.	HEALTH	To be physically well and healthy				
44.	HONESTY	To be honest, truthful				
45.	HOPE	To maintain a positive, optimistic outlook				
46.	HUMILITY	To be modest				
47.	HUMOR	To experience the lighter side of life, laugh				
48.	IMAGINATION	To have dreams and see possibilities				
49.	INDEPENDENCE	To be free from depending on others				
50.	INDUSTRY	To work hard and well at my life tasks				
51.	INNER PEACE	To experience personal peace				
52.	INTEGRITY	To live life consistent with my values				
53.	INTELLIGENCE	To keep my mind sharp and active				
54.	INTIMACY	To share my innermost experiences with others				
55.	JUSTICE	To promote fair, equal treatment for all				
56.	KNOWLEDGE	To learn and share valuable information				
57.	LEADERSHIP	To inspire and guide others				
58.	LEISURE	To take time to relax and enjoy				
59.	LOVED	To be loved by those close to me				
60.	LOVING	To give love to others				
61.	MASTERY	To be competent in everyday activities				
62.	MINDFULNESS	To be conscious and mindful of the present				
63.	MODERATION	To avoid excesses and find middle ground				
64.	MONOGAMY	To have one close, loving relationship				
65.	MUSIC	To enjoy or express myself in music				
66.	NON-CONFORMITY	To question, challenge authority, norms				
67.	NOVELTY	To have a life full of change, variety				
68.	NURTURANCE	To encourage and support others				
69.	OPENNESS	To welcome new experiences, ideas, options				
70.	ORDER	To live life in an organized way				
71.	PASSION	To have deep, strong feelings				

72.	PATRIOTISM	To love, serve, protect my country				
73.	PLEASURE	To feel good				
74.	POPULARITY	To be well-liked by many people				
75.	POWER	To have control over others				
76.	PRACTICALITY	To focus on what is prudent and sensible				
77.	PROTECT	To keep myself and loved ones safe				
78.	PROVIDE	To take care of family, loved ones				
79.	PURPOSE	To have meaning and direction in my life				
80.	RATIONALITY	To be guided by reason, logic, evidence				
81.	RELIGIOSITY	To practice an organized religion				
82.	REALISM	To see and act realistically and practically				
83.	RESPONSIBILITY	To make, carry out responsible decisions				
84.	RISK	To take risks and chances				
85.	ROMANCE	To have intense, exciting love in my life				
86.	SAFETY	To be safe and secure				
87.	SELF-ACCEPTANCE	To accept myself as I am				
88.	SELF-CONTROL	To be disciplined in my own actions				
89.	SELF-ESTEEM	To feel good about myself				
90.	SELF-KNOWLEDGE	To have a deep, honest understanding of myself				
91.	SERVICE	To be helpful, serve and support others				
92.	SEXUALITY	To have an active, satisfying sex life				
93.	SIMPLICITY	To live a life simply, with minimal needs				
94.	SOLITUDE	To have time, experiences by myself				
95.	SPIRITUALITY	To grow and mature spiritually				
96.	STABILITY	To have consistent experiences				
97.	TOLERANCE	To accept, respect those who differ from me				
98.	TRADITION	To follow respected patterns of the past				
99.	VIRTUE	To live a morally pure and excellent life				
100.	WEALTH	To have plenty of money				
101.	WORLD PEACE	To work to promote peace in the world				
102.						



