

Examples of Values

Acceptance	Accountability	
Adventure		
Beauty	Challenge	
Collaboration		
Cooperation	Commitment	Community
Compassion	Competence	
Courage		
Curiosity	Creativity	
Discipline		
Discovery	Enthusiasm	Environment
Equality	Ethical action	
Excellence		
Fairness	Faith/Religion	Family
Freedom	Friendship	Fun
Generosity	Gratitude	
Happiness		
Hard Work	Harmony	Health
Helping Others	Honesty	Honor
Humor	Independence	Inner
Calm		
Innovation	Integrity	Joy
Leadership	Lifelong Learning	Love
Loyalty	Meaningful Work	Mindfulness
Openness	Peace/Non-violence	Personal
Growth	Positive	Influence
Practicality	Problem-Solving	Reliability
Resourcefulness	Self-Care	Self-Reliance
Simplicity/Thrift	Strength	Tradition
Trust	Willingness	Wisdom

What would you add?

1. Choose a value that is personally meaningful
2. Reflect on why, and a time in your life that you were able to express / honor it.
3. Share

Also, “value-laden beliefs”