

Start with Values

It is difficult to live in accordance with your values if you don't know what they are!
Which of these values are most important to you?
Are you living in alignment with your values?

A

Abundance

Acceptance

Accomplishment

Accountability

Accuracy

Achievement

Acquisition

Adventure

Alignment

Altruism

Ambition

Amusement

Approval

Assistance

Attractiveness

Authenticity

Autonomy

Awareness

B

Balance

Beauty

Bravery

C

Calm

Capability

Challenge

Change

Charity

Clarity

Cleanliness

Collaboration

Commitment

Common Sense

Communication

Community

Compassion

Competence

Competition

Concern for others

Confidence

Connection

Consideration

Contentment

Contribution

Cooperation

Courage

Creativity

D

Decisiveness
Democracy
Dependability

Determination
Dignity
Diligence

Discipline
Discovery
Diversity

E

Economic security
Education
Efficiency
Elegance
Empathy
Encouragement

Enlightenment
Entertainment
Eroticism
Equality
Ethics
Evolution

Excellence
Expansion
Experience
Experimentation
Expertise
Exploration

F

Fairness
Faith
Faithfulness
Fame

Family
Flexibility
Forgiveness
Freedom

Friendship
Frugality
Fulfillment
Fun

G & H

Generosity
Genuineness
Good will
Grace
Gratitude

Growth
Happiness
Hard work
Harmony
Healing

Health
Honesty
Honor
Humility
Humor

I

Imagination
Independence
Individuality
Influence

Information
Initiative
Innovation
Inspiration

Integrity
Intelligence
Intimacy
Intuition

J & K

Joy
Judgment

Justice
Kindness

Knowledge

L & M

Laughter
Leadership
Learning
Levity

Love
Loyalty
Mastery
Meaning

Mindfulness
Moderation
Modesty
Money

N & O

Nature
Non-violence
Nurturing

Obedience
Open-mindedness
Openness
Optimism

Order
Organization
Originality

P & Q

Passion

Patriotism

Peace

Peacefulness

Perception

Perfection

Perseverance

Persistence

Play

Pleasure

Positivity

Power

Practicality

Preparation

Presence

Preservation

Privacy

Professionalism

Progress

Punctuality

Purpose

Questing

Quiet

R

Rationality

Recognition

Relationships

Relaxation

Reliability

Religion

Resourcefulness

Respect

Responsibility

Reward

Risk

S

Safety

Self-awareness

Self-control

Self-worth

Sensation

Sensuality

Serenity

Service

Sexuality

Simplicity

Spirituality

Stability

Status

Stimulation

Straightforwardness

Strength

Success

T

Teamwork

Tenderness

Thriftiness

Tidiness

Timeliness

Tolerance

Touch

Tradition

Transparency

Tranquility

Trust

Truth

Truthfulness

U, V, & W

Understanding

Unity

Variety

Vision

Vitality

Wealth

Wholeness

Winning

Wisdom

Its not just about what you want to achieve,
its about who you want to be.

Ready to define and live in alignment with your values?

Schedule a session today! practicalsunshine.co