

## Discover your values

By knowing your values, you will gain tremendous clarity and focus, but ultimately you must use that newfound clarity to make consistent decisions and take committed action. So the whole point of discovering your values is to improve the results you get in those areas that are truly most important to you. Values are priorities that tell you how to spend your time, right here, right now. There are two reasons that priorities are important for our lives.

You're free to decide what "best" means to you. The very idea that some possible permutations of your life appeal to you more than others means that knowing your values will be of great benefit to you. On the other hand, if any life you might live is as good as any other to you (whether prince or pauper, Olympian or obese, saint or sinner), then you can stop reading - you don't need this information. But most people can certainly envision lives that are more preferable to them than others.

The second reason priorities matter is that we human beings tend to be fairly inconsistent in how we invest our time and energy. Most of us are easily distracted. It's easy for us to fall into the trap of living by different priorities every day. One day you exercise; the next day you slack off. One day you work productively; the next day you're stricken with a bout of laziness. If we don't consciously use our priorities to stick to a clear and consistent course, we'll naturally drift off course and shift all over the place. And this kind of living yields poor results. Imagine an airplane that went wherever the wind took it - who knows where it would eventually land? And the flight itself would likely be stressful and uncertain.

The following list of values will help you develop a clearer sense of what's most important to you in life. Simply print out this page, mark the values, which most resonate with you, and then sort your list in order of priority. As you scan the values list below, you may find that while most values have little or no significance to you (and some may even seem negative to you), there are those values that just jump out and call to you, and you feel, "Yes, this value is part of me." This values list is merely a guide. You can also mark values that may not be part of who you are now, but part of who you want to become. Who do you need to be to do what is required to have the outcomes you desire.

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|-------------------|--------------------|---------------------|
| 1 Abundance       | 23 Approachability | 45 Candor           |
| 2 Acceptance      | 24 Articulacy      | 46 Capability       |
| 3 Accessibility   | 25 Assertiveness   | 47 Care             |
| 4 Accomplishment  | 26 Assurance       | 48 Carefulness      |
| 5 Accuracy        | 27 Attentiveness   | 49 Celebrity        |
| 6 Achievement     | 28 Attractiveness  | 50 Certainty        |
| 7 Acknowledgement | 29 Audacity        | 51 Challenge        |
| 8 Activeness      | 30 Availability    | 52 Charity          |
| 9 Adaptability    | 31 Awareness       | 53 Charm            |
| 10 Adoration      | 32 Awe             | 54 Chastity         |
| 11 Adroitness     | 33 Balance         | 55 Cheerfulness     |
| 12 Adventure      | 34 Beauty          | 56 Clarity          |
| 13 Affection      | 35 Being the best  | 57 Cleanliness      |
| 14 Affluence      | 36 Belonging       | 58 Clear-mindedness |
| 15 Aggressiveness | 37 Benevolence     | 59 Cleverness       |
| 16 Agility        | 38 Bliss           | 60 Closeness        |
| 17 Alertness      | 39 Boldness        | 61 Comfort          |
| 18 Altruism       | 40 Bravery         | 62 Commitment       |
| 19 Ambition       | 41 Brilliance      | 63 Compassion       |
| 20 Amusement      | 42 Buoyancy        | 64 Completion       |
| 21 Anticipation   | 43 Calmness        | 65 Composure        |
| 22 Appreciation   | 44 Camaraderie     | 66 Concentration    |

67	Confidence	118	Education	169	Grace
68	Conformity	119	Effectiveness	170	Gratitude
69	Congruency	120	Efficiency	171	Gregariousness
70	Connection	121	Elation	172	Growth
71	Consciousness	122	Elegance	173	Guidance
72	Consistency	123	Empathy	174	Happiness
73	Contentment	124	Encouragement	175	Harmony
74	Continuity	125	Endurance	176	Health
75	Contribution	126	Energy	177	Heart
76	Control	127	Enjoyment	178	Helpfulness
77	Conviction	128	Entertainment	179	Heroism
78	Conviviality	129	Enthusiasm	180	Holiness
79	Coolness	130	Excellence	181	Honesty
80	Cooperation	131	Excitement	182	Honor
81	Cordiality	132	Exhilaration	183	Hopefulness
82	Correctness	133	Expectancy	184	Hospitality
83	Courage	134	Expediency	185	Humility
84	Courtesy	135	Experience	186	Humor
85	Craftiness	136	Expertise	187	Hygiene
86	Creativity	137	Exploration	188	Imagination
87	Credibility	138	Expressiveness	189	Impact
88	Cunning	139	Extravagance	190	Impartiality
89	Curiosity	140	Extroversion	191	Independence
90	Daring	141	Exuberance	192	Industry
91	Decisiveness	142	Fairness	193	Ingenuity
92	Decorum	143	Faith	194	Inquisitiveness
93	Deference	144	Fame	195	Insightfulness
94	Delight	145	Family	196	Inspiration
95	Dependability	146	Fascination	197	Integrity
96	Depth	147	Fashion	198	Intelligence
97	Desire	148	Fearlessness	199	Intensity
98	Determination	149	Ferocity	200	Intimacy
99	Devotion	150	Fidelity	201	Intrepidness
100	Devoutness	151	Fierceness	202	Introversion
101	Dexterity	152	Financial independence	203	Intuition
102	Dignity	153	Firmness	204	Intuitiveness
103	Diligence	154	Fitness	205	Inventiveness
104	Direction	155	Flexibility	206	Investing
105	Directness	156	Flow	207	Joy
106	Discipline	157	Fluency	208	Judiciousness
107	Discovery	158	Focus	209	Justice
108	Discretion	159	Fortitude	210	Keeness
109	Diversity	160	Frankness	211	Kindness
110	Dominance	161	Freedom	212	Knowledge
111	Dreaming	162	Friendliness	213	Leadership
112	Drive	163	Frugality	214	Learning
113	Duty	164	Fun	215	Liberation
114	Dynamism	165	Gallantry	216	Liberty

115	Eagerness	166	Generosity	217	Liveliness
116	Economy	167	Gentility	218	Logic
117	Ecstasy	168	Giving	219	Longevity
220	Love	271	Prudence	322	Spirituality
221	Loyalty	272	Punctuality	323	Spontaneity
222	Majesty	273	Purity	324	Spunk
223	Making a difference	274	Realism	325	Stability
224	Mastery	275	Reason	326	Stealth
225	Maturity	276	Reasonableness	327	Stillness
226	Meekness	277	Recognition	328	Strength
227	Mellowness	278	Recreation	329	Structure
228	Meticulousness	279	Refinement	330	Success
229	Mindfulness	280	Reflection	331	Support
230	Modesty	281	Relaxation	332	Supremacy
231	Motivation	282	Reliability	333	Surprise
232	Mysteriousness	283	Religiousness	334	Sympathy
233	Neatness	284	Resilience	335	Synergy
234	Nerve	285	Resolution	336	Teamwork
235	Obedience	286	Resolve	337	Temperance
236	Open-mindedness	287	Resourcefulness	338	Thankfulness
237	Openness	288	Respect	339	Thoroughness
238	Optimism	289	Rest	340	Thrift
239	Order	290	Restraint	341	Tidiness
240	Organization	291	Reverence	342	Timeliness
241	Originality	292	Richness	343	Traditionalism
242	Outlandishness	293	Rigor	344	Tranquility
243	Outrageousness	294	Sacredness	345	Transcendence
244	Passion	295	Sacrifice	346	Trust
245	Peace	296	Sagacity	347	Trustworthiness
246	Perceptiveness	297	Saintliness	348	Truth
247	Perfection	298	Sanguinity	349	Understanding
248	Perkiness	299	Satisfaction	350	Unflappability
249	Perseverance	300	Security	351	Uniqueness
250	Persistence	301	Self-control	352	Unity
251	Persuasiveness	302	Selflessness	353	Usefulness
252	Philanthropy	303	Self-reliance	354	Utility
253	Piety	304	Sensitivity	355	Valor
254	Playfulness	305	Sensuality	356	Variety
255	Pleasantness	306	Serenity	357	Victory
256	Pleasure	307	Service	358	Vigor
257	Poise	308	Sexuality	359	Virtue
258	Polish	309	Sharing	360	Vision
259	Popularity	310	Shrewdness	361	Vitality
260	Potency	311	Significance	362	Vivacity
261	Power	312	Silence	363	Warmth
262	Practicality	313	Silliness	364	Watchfulness
263	Pragmatism	314	Simplicity	365	Wealth
264	Precision	315	Sincerity	366	Willfulness
265	Preparedness	316	Skillfulness	367	Willingness

266 Presence  
267 Privacy  
268 Proactivity  
269 Professionalism  
270 Prosperity

317 Solidarity  
318 Solitude  
319 Soundness  
320 Speed  
321 Spirit

368 Winning  
369 Wisdom  
370 Wittiness  
371 Wonder  
372 Youthfulness  
373 Zeal