



Values Exercise 2

Values List

Part One

Please see if any of the words in this list resonate with you and feel free to add your own.

Acceptance

Achievement

Adventure

Altruism

Arts

Beauty

Challenge

Community

Compassion

Completion

Competency

Creativity

Environmental Awareness

Education

Entertainment

Equality

Family

Freedom

Fun

Friendship

Growth

Happiness

Honesty

Humor

Improvement

Influence

Intellect

Knowledge

Leadership

Loyalty

Listening to others

Meaning

Money

Mystery

Nature

Openness

Order

Peace

Providing for others

Pleasure

Recognition

Relationships

Religion

Spirituality

Status

Success

Winning

Wisdom

Part Two

Choose THREE terms from the list.

Part Three

Why did those three particular areas resonate with you?

Do you feel you dedicate enough time in your day or week to those areas?

References

Positive Psychology Program B.V 2020.