*Values are our hearts’ deepest desires for the sort of people we want to be and the ways we want to behave in our time on this planet; in other words, they are about what we want our lives to stand for. This is not only what feels important right now or what others say we “should” value, it’s what we would want to make important in our lives in a “big picture” way if we were totally free to choose.*

**Boldness:** Being willing to undertake things that involve risk or danger

**Hard work:** To work hard and well at my life tasks

**Self-Control:** To be disciplined in my own actions

**Honest**: To be honest and truthful

**Autonomy:** To be self-determined and independent

**Challenge:** To take on difficult tasks and problems

**Virtue:** To live a morally pure and excellent life

**Dependability**: To be reliable and trustworthy

**Adventure:** To have new and exciting experiences

**Openness:** To be open to new experiences, ideas, and options

**Beauty:** To create and/or appreciate beauty around me

**Health:** To be physically well and healthy

**Creativity:** To have new and original ideas

**Growth**: To keep changing and growing

**Ecology:** To live in harmony with the environment

**Humor:** To see the humorous side of myself and the world

**Knowledge:** To learn and contribute valuable knowledge

**Passion:** To have deep feelings about ideas, activities, and people

**Simplicity:** To live life simply, with minimal needs

**Tradition:** To follow respected patterns of the past

**Curiosity:** To be curious and discover new things

**Rationality:** To be guided by reason and logic

**Spirituality:** To grow and mature spiritually

**Commitment:** To make enduring, meaningful commitments

**Responsibility:** To make and carry out responsible decisions and meeting my obligations

**Leisure**: To take time to relax and enjoy

**Genuineness:** To act in a manner that is true to who I am

**Romance:** To have intense, exciting love in my life

**Fun:** To play and have fun

**Non-Conformity:** To question and challenge authority and norms

**Connection:** To have close, supportive relationships with others

**Intimacy**: To share my innermost experiences with others; to fully know and be known by others close to me

**Respect**: Being respectful to others

**Compassion:** To feel and act on concern for others

**Justice:** To promote fair and equal treatment for all

**Contribution:** Having a sense of accomplishment and to make a lasting contribution in the world

**Generosity**: To give what I have to others

**Peace:** To work to promote peace in the world

**Helpfulness**: To be helpful to others

**Problem Solving**: Figuring things out, solving problems

**Piety**: Acting consistently with my religious faith and beliefs

**Community:** Being a part of and contributing to a group

**Security:** Maintaining the safety and security of myself and my loved ones

**Loving**: Having relationships involving tenderness, love, and affection

**Competition:** Competing with others

**Creation:** Building, designing, and/or repairing things

**Loyalty:** Being loyal to friends, family, and/or my group

**Competent:** Being competent and effective in what I do

**Authority:** Having authority and being in charge of others

**Courageous**: Acting with courage

--------------------------------------------------------------------------------------------------------------------------------------------------

*The three words I would most like to live…*

(note: these may be words from the list or others that you choose)

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Exercise adapted from: http://portlandpsychotherapytraining.com/wp-content/uploads/sites/22/2016/06/Favorite\_act\_values\_exercise\_scripts.pdf