

	<b>Acceptance</b> – be accepted as you are for who you are
	<b>Access</b> – live and work where the playing field is even and provides access to what is needed for a quality life
	<b>Accuracy</b> – use data in ways that get consistent, verifiable results
	<b>Achievement</b> - succeeding in doing something based on effort expended; an internal standard of excellence in all that you do
	<b>Advancement</b> – have challenges and opportunities where you can take risks, demonstrate ability, and win/compete to gain higher status or better position
	<b>Adventure</b> - undertaking activities that provide excitement and extraordinary events; seeking and being willing to participate in things that involve risk and uncertainty
	<b>Agging well</b> - changing with time, maturing when growing older in life
	<b>Altruism</b> – selfless concern for the well-being of others
	<b>Artistic expression</b> – sharing processes and products of human skill, imagination, and invention with the world
	<b>Authority</b> – the legitimate right to make decisions based on position power
	<b>Autonomy</b> - have personal control over your tasks and time
	<b>Beauty/aesthetics</b> – make life more beautiful or have time to appreciate beautiful things
	<b>Being</b> - thinking, contemplating are valuable; self-definition based on “who I am” regardless of external accomplishment
	<b>Birthright</b> - family background and heritage are essential self-defining qualities.
	<b>Challenge</b> – invent or revitalize thoughts, ideas, processes, or approaches that prove your abilities and help you grow
	<b>Change</b> - seen as positive, healthy, natural; it represents growth; “new and improved” concept
	<b>Charity</b> - voluntary sharing; giving money, materials, support, kindness, and resources to people in need
	<b>Cleanliness</b> – the state of being free from dirt, and the process of achieving and maintaining that state
	<b>Comfort</b> - being, feeling relaxed; free from pain and anxiety
	<b>Commitment</b> – keeping your word and agreements to self and others

	<b>Communication</b> – being effective in letting others know what you think and feel
	<b>Community</b> – commitment to the shared responsibilities and connections in the area you live, of the groups to which you belong
	<b>Compassion</b> – a motivational state associated with the propensity to actively relieve the suffering of others
	<b>Competence</b> – possessing and using skills, knowledge, qualities, and capacity to do something well
	<b>Competition</b> –competition is healthy and brings out the best in people
	<b>Conservation</b> – to protect all life forms—animals, fungi, plants, people—and their habitats
	<b>Conservatism</b> – disposed to preserve existing conditions, institutions, or to restore traditional ones and limit change so that it is moderate and purposeful
	<b>Context/place</b> - physical, geographic, historical, cultural, and temporal contexts are meaningful and important to life
	<b>Contribution</b> – have your work, life, presence on the planet make a difference
	<b>Cosmopolitan</b> – global citizenship; awareness of and connection to how events affect entire world population
	<b>Courage</b> – ability and willingness to take action even when it is risky or even life-threatening
	<b>Creativity</b> – allow your imagination to find new, unique ways to express ideas, thoughts
	<b>Curiosity</b> – explore new areas of knowledge and awareness; seek new understanding
	<b>Democracy</b> – the right of every one to contribute to the governance of nations, organizations, and communities
	<b>Detail</b> – thorough and attentive to particular and specific parts or processes
	<b>Dignity</b> – maintaining poise and a sense of self, no matter what
	<b>Direct communication</b> - honest, open, get to the point
	<b>Discipline</b> – calm, controlled, conscious behavior; systematic approach to behavior, activity, subject, or lifestyle
	<b>Discovery</b> - finding out about things for the first time; finding something new or unexpected after searching

	<b>Diversity</b> – seeking and valuing contact with those who are different from you; believe variety enhances your life experience
	<b>Doing/activity orientation</b> — hard work pays off; prefer action over contemplation of ideas; self-worth based on what you do or accomplish with your life
	<b>Duty</b> – carry out your responsibilities and commitments.
	<b>Empathy</b> – an emotional sensitivity to the needs and wants of others
	<b>Empiricism</b> – belief in knowledge acquired through sensory, objective, verified, quantified, scientific methods and experimentation
	<b>Equality/egalitarianism</b> – belief that all people are equal and should have equal access to things they need in life; treat everyone the same; believe people are (should be) free to change their roles
	<b>Excellence</b> – an internal high standard for doing/achieving things in life
	<b>Expertise</b> – to value and be valued for your knowledge, wisdom, experience, scholarly or intellectual abilities
	<b>Expressiveness</b> – share your unique ideas, feelings, and talents with others
	<b>Extraversion</b> – deriving energy from the outer world of people, objects, and events that involves initiating, expression, gregariousness, activity, and enthusiasm
	<b>Extrinsic religiosity</b> - religion helps us obtain desired goals, personal comfort, and social status consistent with God’s wish for us
	<b>Fairness</b> - demonstrating impartial, unbiased, and equitable treatment to others; giving to each according to what they need, earned, or deserve
	<b>Faith</b> – a strong belief in a higher intelligence that guides, sustains your life
	<b>Family</b> – having a strong commitment to people with whom you share bonds of blood and marriage
	<b>Fate</b> - external forces (e.g., God, fate, genetics) control humankind, and many things are beyond our control because they are hereditary or in God’s hands, etc.
	<b>Financial freedom</b> - having enough financial resources to support your lifestyle; no debt; working because you want to, not because you have to
	<b>Formality</b> - ritual and tradition are valued; formality is a sign of respect and importance
	<b>Freedom/autonomy</b> – have open-ended responsibilities with ability to choose and define your life, love, and work

	<b>Friendship</b> – personal relationships grounded in mutual concern for each other
	<b>Fundamentalism</b> – only one set of religious teachings (the Bible, the Torah, the Koran, etc.) clearly contains the fundamental, basic, intrinsic, essential, inerrant truth about humanity and God; this essential truth is fundamentally opposed by forces of evil that must be vigorously fought; this truth must be followed today using basic, unchangeable practices from the past; and following these fundamental teachings creates a special relationship with God/Jesus/Allah/Yahweh
	<b>Future</b> - planning ahead, goal setting, working today for a better future
	<b>Generosity</b> – willingness to share time, treasures, talents with others without viewing it as a transactional exchange for something in return
	<b>Group/collectivism</b> - strong identification with others; think interdependency with others is normal and desirable
	<b>Growth</b> –in personal terms, to have opportunities to improve yourself and self-actualize; professionally, to seek to enhance your skills and experience
	<b>Harmony</b> – seeking, contributing to, and maintaining conflict-free relations between people; “all for one, and one for all”
	<b>Healing</b> – helping others become healthy or maintain their health
	<b>Help others</b> – Give support, advice, information, or assistance to people, animals, groups, or organizations
	<b>Hierarchy</b> – View rank, status, and title as important; we should treat people differently according to their place in society; specific rights, obligations, and personality characteristics are expected based on age, sex, and position within society
	<b>Honesty</b> – telling the truth about your life and experience
	<b>Human interaction</b> - personal relationships with people are important
	<b>Humility</b> - being modest and respectful
	<b>Idealism</b> – cherishing or pursuit of high and noble principles and goals
	<b>Immanence spirituality</b> – belief that everything is God/part of the universe; transcendence of interpersonal and intrapersonal boundaries is good
	<b>Independence</b> – making decisions and carrying them out without regard or need for others’ assistance or approval
	<b>Indirect communication</b> - subtle, delicate, inferred communication that respects people’s intelligence and ability to decipher meaning while saving face

	<b>Individuality</b> – free to be yourself and express yourself in your own unique manner; see privacy as necessary and desirable; see each person as unique/special
	<b>Influence</b> – have an impact on the opinions, decisions, lives of others
	<b>Informality</b> - casual and spontaneous behavior is appreciated
	<b>Initiative</b> – taking action on your own without waiting for approval or permission
	<b>Innovation</b> – creating new and different objects, ideas, and experiences
	<b>Integrity</b> – consistency in word, thought, and deed in your interactions
	<b>Intellectual challenge</b> – explore ideas, problems, puzzles, or decisions that test your mental abilities, creativity, knowledge, assumptions, or world views; competitive tests of mental prowess against other intellectuals
	<b>Introversion</b> – deriving energy from your inner world of thoughts, feelings, and ideas; being receptive, contained, intimate, reflective, or quiet
	<b>Intrinsic religiosity</b> – believe people should <i>live</i> their religion; orthodoxy is valued
	<b>Joy</b> – happiness, contentment, pleasure (especially of an elevated or spiritual kind)
	<b>Justice</b> - fairness or reasonableness in the way people are treated, the decisions made, and the result/impact
	<b>Kindness</b> – good and charitable behavior, pleasant disposition, concern for others
	<b>Knowledge/expertise</b> - contribute to new findings in technology, research, or science; strong desire to learn new things; be valued for intellectual prowess
	<b>Leadership</b> – make a significant difference for achieving shared goals; have impact
	<b>Learning</b> – acquiring new, modifying, or synthesizing existing knowledge, behaviors, skills, values, or preferences; detecting and correcting errors
	<b>Legacy</b> - directing resources (time, talent, money) to causes you care about in order to make a significant difference in the world that continues even after you are gone
	<b>Leisure</b> - time without obligations or work responsibilities, and therefore being free to engage in enjoyable activities
	<b>Liberalism</b> – belief in the importance of liberty and equal rights, generally pro progress or reform in political or religious affairs
	<b>Love</b> – intense feelings of tender affection and compassion for others
	<b>Loyalty</b> – supporting a person or cause due to your feelings/attitude of devoted attachment and affection through challenging as well as good times

	<b>Making a difference</b> - leaving the world a better place for having lived; having a significant impact in your sphere of influence
	<b>Mastery</b> – possession of consummate skill, control, command, or grasp or a skill, ability, or organization, or people; having the upper hand in a contest/competition
	<b>Materialism</b> - acquiring and protecting wealth or objects are desirable; material possessions are a sign of success
	<b>Membership</b> – a sense of belonging and therefore contributing your time, talents, skills, and energy to organizations, clubs, and institutions
	<b>Multiculturalism</b> – appreciation, acceptance, and promotion of multiple cultures
	<b>Natural abilities (use)</b> – use innate gifts as way to acknowledge life purpose
	<b>Naturalness</b> – be able to dress and be casual, your natural self
	<b>Nature</b> – being concerned with animals, environment and people’s impact on nature; being outdoors
	<b>New ideas</b> – appreciation of new concepts, approaches, theories, inventions, etc.
	<b>Objectivity</b> – approach people, tasks, or decisions with detachment, appreciation for cause and effect, neutrality, and accuracy
	<b>Opportunity</b> – a condition of openness such that every one has access to resources necessary for a fulfilling life
	<b>Order</b> – a condition of logical, methodical, and comprehensible arrangement among separate elements, processes, or people in a group
	<b>Organizing</b> – the act of rearranging or coordinating people, processes, objects, events, or elements
	<b>Parenting</b> - to have, acquire, and use experiences, skills, and responsibilities involved in teaching and caring for children
	<b>Past</b> - tradition and history are important and provide guidelines for living life
	<b>Patriotism</b> - pride in or devotion to your country
	<b>Peace</b> – mental calm and serenity, without anxiety, making sure you and others get along without war, conflict, fights
	<b>People</b> – interest in, value of, concern for well-being of other human beings
	<b>People (contact)</b> – have frequent, quality interaction with others
	<b>Perfection</b> – complete flawlessness, free from fault or defect, the highest degree of proficiency, skill or excellence

	<b>Personal control</b> – expecting to control your life and environment to sustain or improve your quality of life
	<b>Physical activity</b> – be able to have energetic movement or exercise
	<b>Physical challenge</b> – perform activities, sports, stunts, etc., that require hard labor, pit you against others physically, or test your own physical limits
	<b>Place/space</b> – be in surroundings that reflect your lifestyle, preferences, values, and interests
	<b>Power</b> - the capacity to influence the behavior of others to achieve a result and to have impact; the right, authority, or desire to have power-over or power-with others
	<b>Practicality</b> – action orientation with sensible, hands-on approach to work
	<b>Pragmatism</b> – linking of practice with theory; practical approach to problems and affairs that balances ideals with what works
	<b>Precision</b> – work/live in ways where there is little room for error
	<b>Progress</b> – positive movement toward a goal or something valued; growth, development, advancement
	<b>Preservation</b> – guarding children, nature, people, animals, or things from danger, harm, or injury
	<b>Quality</b> – excellent standard or level of service, product, action, event, etc.
	<b>Quest (spirituality)</b> – honestly facing existential questions in their complexity (e.g., Why are we here? Why is there death? What is the purpose of life? why earth-humans-animals? etc.), while at the same time resisting clear-cut, pat answers
	<b>Reality</b> – the state of things as they actually exist, rather than as they might appear or be imagined; authenticity
	<b>Reciprocity</b> – relationships involve mutual exchange of obligations, favors, and privileges
	<b>Recognition</b> – receive validation and acknowledgment from others for your effort-based accomplishments
	<b>Relationships</b> – have time to develop and maintain quality contact with people you care about
	<b>Respect</b> – admiration and acknowledgment from others; wanting others to admire and defer to you
	<b>Responsibility</b> – willingness to be accountable for your charges in life

	<b>Results</b> – see bottom-line, measurable, tangible impact of your actions and work
	<b>Retirement</b> - leaving a job or career; the end of the time when you work for money
	<b>Ritual</b> – a set of actions performed regularly, often with an unchanging pattern
	<b>Self-discipline</b> - practicing methods that ensure controlled and orderly behavior; mental self-control used to direct or change behavior or learn something
	<b>Self expression</b> – sharing your personality, feelings, or ideas through work, speech, art, life
	<b>Self-help</b> - initiative, hard work, and individual accomplishment are essential qualities
	<b>Service</b> – give support, information, and advice to others
	<b>Shared values</b> – be with others who agree with you about what is most important in life and how to reach mutual goals
	<b>Simplicity</b> – a straightforward quality of life without complications, difficulties, or embellishments
	<b>Spirituality</b> - growth and introspection are seen as the purpose of life and the measure of one’s worth
	<b>Solitude</b> – a state of being alone, remote or secluded
	<b>Stability/Security</b> – regular, predictable work-life through the use of routines and structure with predictable income
	<b>Status</b> – have or earn prestige with a reputation based on achievements, talents, skills, or family; have a positive public image
	<b>Supervising</b> – oversee people and activities, usually in a work arena
	<b>Surrender</b> - to release; to let go; to relinquish possession or control to somebody (something, e.g., God/fate) greater than yourself (your ego)
	<b>Talents (use)</b> – use innate aptitudes, flair, gifts, abilities, or capacities
	<b>Task accomplishment</b> – carry out projects in a systematic way to meet goals, output, or performance objectives
	<b>Time: alone</b> - spending time in solitude, separated from other people; usually in quiet, remote, or secluded places where human activity is limited or absent
	<b>Time: cyclical</b> - importance attached to doing things in season
	<b>Time: linear</b> - importance attached to schedules, calendars, deadlines, watches, and being “on time”



	<b>Time: procedural</b> - doing things when everything comes together naturally
	<b>Tradition</b> - heritage, continuity, and stability are desired and worth continuing
	<b>Transformation</b> – change involving an end to some aspect of self you valued and becoming something new
	<b>Travel</b> - to journey to and visit different people, cultures, and places in the world
	<b>Trust</b> – the ability to have confidence in, and reliance on, others’ goodwill in situations involving risk or interdependence
	<b>Utilitarianism</b> – the proper course of action is one that is useful and maximizes the greatest good; the value of something is determined by its usefulness
	<b>Wealth</b> – have, gain, or maintain a high economic standard of living; high net worth
	<b>Well-defined responsibilities</b> – use training, skills, abilities, and experience to do clearly defined tasks with delineated roles and expectations
	<b>Winning</b> – achieving victory or success by defeating an opponent; gaining something of value through skill and or luck
	<b>Wisdom</b> - the knowledge and experience needed to make sensible, caring decisions and judgments
	YOUR VALUES AND YOUR DEFINITIONS Use the spaces below to add values not included in the inventory.