



donna bond

### Values Exercise

Below are about 400 Values to help stimulate your mind. Print out these pages, grab your favorite highlighter and get started. I recommend doing a little centering process first. Close your eyes, take some deep breaths, focus your energy on your heart and relax. Then, using your highlighter go through this list illuminating anything that really resonates with you. I think when doing this exercise there are a couple of ways to approach it.

Approach A – What are the values that you live by? Who are you? What motivates you?

Approach B – What are the values you desire to have in your life? What do you want to create more of?

I recommend going through the list with a highlighter and not judging what comes up. What are you drawn to? What is true for you? Highlight all of these. Then visit with the highlights and perhaps select the ones that have the most energy for you and that really ring true to who you are. Transfer these top 10 or top 20 words to a list in your journal. Own them. Let them resonate with you as part of who you are. Let them guide your decision making going forward.

Most of all – have fun with this. This is a great way to spend time with yourself, getting to know the real you beneath all the patterning. What feels right in your heart?



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**Values Exercise**

Ability	Courage	Fortitude	Persuasiveness	Skillfulness
Abundance	Courtesy	Frankness	Philanthropy	Smartness
Acceptance	Craftiness	Freedom	Piety	Sophistication
Accomplishment	Creativity	Friendliness	Playfulness	Solidarity
Achievement	Credibility	Frugality	Optimism	Solidity
Acknowledgement	Cunning	Fun	Opulence	Solitude
Adaptability	Curiosity	Gallantry	Order	Soundness
Adequacy	Daring	Generosity	Organization	Speed
Adroitness	Decisiveness	Gentility	Originality	Spirit
Adventure	Decorum	Genuineness	Outlandishness	Spirituality
Affection	Deepness	Giving	Outrageousness	Spontaneity
Affluence	Deference	Grace	Passion	Stability
Alertness	Delicacy	Gratefulness	Peacefulness	Stillness
Aliveness	Delight	Gratitude	Perceptiveness	Strength
Ambition	Dependability	Gregariousness	Perfection	Structure
Amusement	Depth	Growth	Perseverance	Substantiality
Anticipation	Desire	Guidance	Persistence	Success
Appreciation	Determination	Happiness	Pleasantness	Sufficiency
Approachability	Devotion	Harmony	Pleasure	Support
Artfulness	Devoutness	Health	Plentiful-ness	Supremacy
Articulacy	Dexterity	Heart	Poise	Surprise
Assertiveness	Dignity	Helpfulness	Polish	Superbness
Assurance	Diligence	Heroism	Popularity	Supremacy
Attentiveness	Diplomacy	Holiness	Potency	Sympathy
Attractiveness	Direction	Honesty	Practicality	Synergy
Audacity	Directness	Honor	Pragmatism	Tactfulness
Availability	Discernment	Hopefulness	Precision	Teamwork
Awareness	Discretion	Hospitality	Preeminence	Temperance
Awe	Discipline	Humility	Preparedness	Thankfulness
Balance	Discovery	Humor	Presence	Thoroughness
Beauty	Discretion	Hygiene	Privacy	Thoughtfulness
Being-ness	Diversity	Imagination	Proactivity	Thrift
Belongingness	Dreaming	Impact	Proficiency	Tidiness
Benevolence	Drive	Impartiality	Professionalism	Timeliness
Blissfulness	Duty	Impeccability	Prosperity	Traditionalism
Boldness	Dynamism	Independence	Prudence	Tranquility
Bravery	Eagerness	Industry	Punctuality	Transcendence
Brilliance	Economy	Ingenuity	Purity	Trust
Briskness	Ecstasy	Inquisitiveness	Qualification	Trustworthiness
Buoyancy	Education	Insightfulness	Quietness	Truth
Calmness	Effectiveness	Inspiration	Quickness	Understanding
Camaraderie	Efficiency	Instinctiveness	Realism	Uniqueness
Candor	Elation	Integrity	Readiness	Unity
Capability	Elegance	Intelligence	Reason	Usefulness



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Care	Empathy	Intensity	Recognition	Utility
Carefulness	Encouragement	Intimacy	Recreation	Valor
Certainty	Endurance	Intrepidity	Refinement	Variety
Challenge	Energy	Introversion	Reflection	Victory
Charity	Enjoyment	Intuition	Relaxation	Vigor
Charm	Enlightenment	Intuitiveness	Reliability	Virtue
Chastity	Entertainment	Inventiveness	Resilience	Vision
Cheerfulness	Enthusiasm	Joy	Resolution	Vitality
Clarity	Exactness	Judiciousness	Resolve	Vivacity
Classy	Excellence	Justice	Resourcefulness	Warmth
Cleanliness	Excitement	Keeness	Respect	Watchfulness
Cleverness	Exhilaration	Kindness	Restfulness	Wealth
Closeness	Expectancy	Knowledgeableness	Restraint	Wholesomeness
Cognizance	Expediency	Lavishness	Reverence	Willfulness
Comfort	Experience	Leadership	Richness	Willingness
Commitment	Expertise	Learning	Rigor	Winning
Compassion	Exploration	Liberation	Sacredness	Wisdom
Competence	Expressiveness	Liberty	Sacrifice	Wittiness
Consciousness	Extravagance	Liveliness	Sagacity	Wonder
Consistency	Extroversion	Logic	Saintliness	Worthiness
Contentment	Exuberance	Longevity	Sanguinity	Zeal
Continuity	Evolution	Love	Satisfaction	Zest
Contribution	Facilitating	Loyalty	Security	Zing
Control	Fairness	Majesty	Self-control	
Conviction	Faith	Mastery	Selflessness	
Conviviality	Fame	Maturity	Self-realization	
Coolness	Fascination	Meekness	Self-reliance	
Complacency	Fashion	Mellowness	Sensitivity	
Completion	Fearlessness	Meticulousness	Sensuality	
Composure	Fidelity	Mindfulness	Serenity	
Concentration	Fineness	Moderation	Service	
Confidence	Finesse	Modesty	Sexuality	
Conformity	Firmness	Motivation	Sharing	
Congruency	Fitness	Mysteriousness	Shrewdness	
Connection	Flexibility	Neatness	Significance	
Cooperation	Flow	Nerve	Silence	
Copiousness	Fluency	Obedience	Silliness	
Cordiality	Fluidity	Open-mindedness	Simplicity	
Correctness	Focus	Openness	Sincerity	

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