

**Table 1: Values List**

Intimacy	Aesthetics	Authenticity
Integrity	Community	Nurturing
Independence	Focus	Productivity
Freedom to Choose	Free Spirit	Mastery/Excellence
Honest	Honesty	Zest
Forgiveness	Lack of Pretense	Contribution
Humor	Nature	Comradeship
Harmony	Openness	Loyalty
Accomplishments	Orderliness/Accuracy	Elegance
Achievement	Partnership	Peace
Adventure/Excitement	Personal Growth/Learning	Fun
Aesthetics/Beauty	Power	Purity
Altruism	Privacy/Solitude	Joy
Autonomy	Recognition	Directness
Balance	Relationship	Personal Power
Commitment	Risk Taking	Collaboration
Clarity	Romance/Magic	Partnership
Community	Security	Beauty
Completion	Self-Expression	Leadership
Connecting	Sensuality	Recognition
Balance	Service/Contribution	Lightness
Creativity	Spirituality	Tradition
Emotional Health	Trust	Performance
Faith	Vitality	Empowerment
Freedom	Wholeness	Service

# Values

**Top 5 Values of how I'm Living my Life NOW:**

1)

2)

3)

4)

5)

## Top 5 Values of how I WANT to Live my Life

1)

2)

3)

4)

5)