

7 Childhood Treasures

What are My Values?

Select 14 values that are most important to you, by numbering 1-14 in the boxes

- Acceptance, to be accepted as I am
- Achievement, sense of accomplishment
- Advancement, moving forward in my career
- Adventure, frequent risk taking
- Aesthetics, studying or appreciating beauty
- Autonomy, working independently,
- Belonging, involvement, community
- Caring, love, affection
- Challenge, full use of your potential
- Change and variety
- Compassion, caring for others
- Competition, pitting my abilities against others
- Cooperation, working with a team
- Courage, standing up for my beliefs
- Creativity, being imaginative, innovative
- Democracy
- Ecological awareness, health of the earth
- Economic security, having enough money
- Excellence, striving to be the best
- Excitement
- Fame, renown, distinction
- Family happiness, relationships with family
- Freedom, independence, liberty
- Friendship, developing close personal relationships
- Happiness, fun, enjoying life
- Health, physical and psychological well-being
- Helping people in a direct way, individually or in a group

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- Helping society, contributing to the betterment of the world
- Honesty, telling the truth as I know it
- Hope, being positive and optimistic
- Inner harmony, being at peace with myself
- Integrity, living my values, behaving ethically
- Intellectual status, being regarded as an expert in my field
- Justice, fair treatment for all
- Knowledge, understanding gained through study and experience
- Leadership, influence over others
- Leisure, having time for hobbies, interests
- Love, affection, caring
- Loyalty, commitment, dependability
- Nature, the natural world
- Nonviolence, world peace
- Order, structure, organized, systematic
- Peace, serenity, inner harmony
- Pleasure, enjoyment
- Power, authority, influence
- Purpose, meaning, direction in life
- Responsibility, reliability, being accountable for results
- Recognition, getting acknowledged for your contribution
- Safety, security
- Self-respect, self-esteem
- Solitude, time and space for myself
- Spirituality, faith, beliefs
- Stability, predictability
- Tolerance, accepting or valuing differences
- Wealth, adequate income, economic security
- Wisdom, insight, enlightenment