

I want to be... A Values Checklist

Values are your heart's deepest desires for how you want to behave as a human being. They describe how you want to treat yourself, others, and the world around you. This is not a list of "the right" values; there are no "right" or "wrong" ones. It's like your taste in ice cream. If you prefer chocolate but someone else prefers vanilla, that doesn't mean their taste is right and yours is wrong—or vice-versa. It just means you have different tastes. So these aren't the right or best values; they're just to give you some ideas.

Pick an area of life you want to enhance, improve or explore (e.g., work, relationship, health, leisure). Then consider which values in the list below best complete this sentence:

In this area of my life, I want to be ...

1. Accepting: open to, allowing of, or at peace with myself, others, life, my feelings, etc.
2. Adventurous: willing to create or pursue novel, risky or exciting experiences.
3. Assertive: calmly, fairly and respectfully standing up for my rights and asking for what I want.
4. Authentic: being genuine, real, and true to myself.
5. Caring/self-caring: actively taking care of myself, others, the environment, etc.
6. Compassionate/self-compassionate: responding kindly to myself or others in pain.
7. Cooperative: willing to assist and work with others.
8. Courageous: being brave or bold; persisting in the face of fear, threat, or risk.
9. Creative: being imaginative, inventive, or innovative.
10. Curious: being open-minded and interested; willing to explore and discover.
11. Encouraging: supporting, inspiring, and rewarding behavior I approve of.
12. Expressive: conveying my thoughts and feelings through what I say and do.
13. Focused: focused on and engaged in what I am doing.
14. Fair/just: acting with fairness and justice—toward myself and others.
15. Flexible: willing and able to adjust and adapt to changing circumstances.
16. Friendly: warm, open, caring, and agreeable toward others.
17. Forgiving: letting go of resentments and grudges toward myself or others.
18. Grateful: being appreciative for what I have received.
19. Helpful: giving, helping, contributing, assisting, or sharing.
20. Honest: being honest, truthful, and sincere—with myself and others.
21. Independent: choosing for myself how I live and what I do.
22. Industrious: being diligent, hardworking, dedicated.
23. Kind: being considerate, helpful, or caring—to myself or others.
24. Loving: showing love, affection, or great care—to myself or others.
25. Mindful/present: fully present and engaging in whatever I'm doing.
26. Open: revealing myself, letting people know my thoughts and feelings.
27. Orderly: being neat and organized.
28. Persistent/committed: willing to continue, despite problems or difficulties.
29. Playful: being humorous, fun-loving, light-hearted.
30. Protective: looking after the safety and security of myself or others.
31. Respectful/self-respectful: treating myself or others with care and consideration.
32. Responsible: being trustworthy, reliable, and accountable for my actions.
33. Skillful: doing things well, utilizing my knowledge, experience, and training.
34. Supportive: being helpful, encouraging, and available—to myself or others.
35. Trustworthy: being loyal, honest, faithful, sincere, responsible, and reliable.
36. Trusting: willing to believe in the honesty, sincerity, reliability, or competence of another.
37. Other:
38. Other:
39. Other: