

Values Checklist

A Values Checklist Below are some common values. (They are not 'the right ones'; merely common ones.) Please read through the list and write a letter next to each value, based on how important it is to you:

V = very important,

Q = quite important,

and N = not so important.

Of course, some values will be more important in one area of life (e.g. parenting) than in another area (e.g. work) – so this is just to get a general sense of the values that tend to matter to you most.

Acceptance/self-acceptance:
to be accepting of myself,
others, life, etc.

Adventure: to be adventurous;
to actively explore novel or
stimulating experiences

Assertiveness: to respectfully
stand up for my rights and
request what I want

Authenticity: to be authentic,
genuine, and real; to be true
to myself

Caring/self-care: to be caring
toward myself, others, the
environment, etc.

Compassion/self-compassion:
to act kindly toward myself
and others in pain

Connection: to engage fully in
whatever I'm doing and be
fully present with others

Contribution and generosity:
to contribute, give, help, assist,
or share

Cooperation: to be
cooperative and collaborative
with others

Courage: to be courageous or
brave; to persist in the face of
fear, threat, or difficulty

Creativity: to be creative or
innovative

Curiosity: to be curious, open-minded, and interested; to explore and discover

Encouragement: to encourage and reward behaviour that I value in myself or others

Engagement: to engage fully in what I am doing

Fairness and justice: to be fair and just to myself or others

Fitness: to maintain or improve or look after my physical and mental health

Flexibility: to adjust and adapt readily to changing circumstances

Freedom and independence: to choose how I live and help others do likewise

Friendliness: to be friendly, companionable, or agreeable toward others

Forgiveness/self-forgiveness: to be forgiving toward myself or others

Persistence and commitment: to continue resolutely, despite problems or difficulties.

Fun and humour: to be fun loving; to seek, create, and engage in fun-filled activities

Gratitude: to be grateful for and appreciative of myself, others, and life

Honesty: to be honest, truthful, and sincere with myself and others

Industry: to be industrious, hardworking, and dedicated

Intimacy: to open up, reveal, and share myself, emotionally or physically

Kindness: to be kind, considerate, nurturing, or caring toward myself or others

Love: to act lovingly or affectionately toward myself or others

Mindfulness: to be open to, engaged in and curious about the present moment

Order: to be orderly and organized

Respect/self-respect: to treat myself and others with care and consideration

Responsibility: to be responsible and accountable for my actions

Safety and protection: to secure, protect, or ensure my own safety or that of others

Sensuality and pleasure: to create or enjoy pleasurable and sensual experiences

Sexuality: to explore or express my sexuality

Skilfulness: to continually practice and improve my skills and apply myself fully

Supportiveness: to be supportive, helpful and available to myself or others

Trust: to be trustworthy; to be loyal, faithful, sincere, and reliable

Other:

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