



# Live Your Dreams

## Define Your Values



*Start to live your dreams. Map your route – on your terms!*

### Step 1a – Identify times you were the happiest.

- What were you doing?
- Who were you with? Were you alone?
- Describe the situations

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### Step 1b – Identify times you were the proudest.

- What were you doing?
- Who were you with? Were you alone?
- Describe the situations.

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### Step 1c – Identify times you were the most fulfilled.

- What were you doing?
- Who were you with? Were you alone?
- Describe the situations.

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**Step 1d – What people in your life have you most admired, respected or been positively influenced by?**

- What values did they represent?
- How did they show those values?
- Describe the situations

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**Step 1e – What are some experiences where you've been deeply frustrated, offended or disappointed?**

- What values were being impinged upon?
- What was the value conflict?
- Describe the situation.

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## Appendix - Values

Abundance	Diversity	Inner Harmony	Resilience
Acceptance	Dynamism	Inquisitiveness	Resourcefulness
Accountability	Economy	Insightfulness	Restraint
Accuracy	Effectiveness	Integrity	Results-oriented
Achievement	Efficiency	Intelligence	Security
Adventure	Elegance	Joy	Selflessness
Altruism	Empathy	Justice	Self-reliance
Ambition	Enjoyment	Kindness	Sensitivity
Balance	Equality	Knowledge	Serenity
Beauty	Excellence	Laughter	Service
Belonging	Excitement	Leadership	Sexuality
Bravery	Expertise	Legacy	Shrewdness
Calmness	Exploration	Love	Simplicity
Carefulness	Expressiveness	Loyalty	Sincerity
Centeredness	Fairness	Making a difference	Spontaneity
Certainty	Faith	Mastery	Stability
Challenge	Family	Mindfulness	Strength
Cheerfulness	Fearlessness	Money	Structure
Commitment	Fitness	Nonjudgement	Success
Community	Flexibility	Nonattachment	Support
Compassion	Focus	Nonsuffering	Teamwork
Competitiveness	Freedom	Openness	Thankfulness
Consistency	Fun	Order	Thoroughness
Contribution	Generosity	Originality	Thoughtfulness
Control	Goodness	Patience	Timeliness
Cooperation	Grace	Peace	Tolerance
Correctness	Gratitude	Perfection	Traditionalism
Courtesy	Growth	Positivity	Trustworthiness
Creativity	Happiness	Practicality	Truth
Curiosity	Hard Work	Preparedness	Understanding
Decisiveness	Health	Professionalism	Uniqueness
Dependability	Holiness	Prudence	Unity
Determination	Honesty	Punctuality	Usefulness
Devoutness	Honor	Quality	Vision
Diligence	Humility	Quiet	Vitality
Discipline	Independence	Reliability	Wisdom
Discretion	Ingenuity		