Acceptance

Making room for reality, feelings, and people as they are.

Achievement

Working toward meaningful accomplishments and feeling effective.

Adventure

Seeking new experiences, discovery, and a little healthy risk.

Authenticity

Living in ways that feel true to who I am.

Balance

Making room for different parts of life without one taking over.

Beauty

Noticing, creating, or protecting what feels meaningful and beautiful.

Belonging

Feeling included, welcomed, and part of something.

Calm

Creating steadiness, ease, and space to settle.

Caring

Showing concern for the wellbeing of myself and others.

Challenge

Choosing experiences that stretch my abilities and help me grow.

Community

Contributing to and being connected with a larger group.

Compassion

Responding to suffering with warmth, care, and a wish to help.

Connection

Building genuine, emotionally meaningful relationships.

Courage

Acting on what matters even when fear or uncertainty is present.

Creativity

Making, imagining, experimenting, and expressing original ideas.

Curiosity

Wanting to explore, ask questions, and understand more.

Dependability

Being someone others can reasonably count on.

Fairness

Trying to treat people equitably and make room for different needs.

Family

Investing in relationships I consider family.

Freedom

Having meaningful choice in how I live and act.

Friendship

Building mutual relationships with care, trust, and enjoyment.

Fun & Play

Making room for enjoyment, lightness, play, and pleasure.

Growth

Continuing to learn, change, and develop over time.

Health

Supporting physical and emotional wellbeing in sustainable ways.

Honesty

Communicating truthfully and avoiding deliberate deception.

Hope

Keeping space for possibility, meaning, and a future worth moving toward.

Humor

Finding and sharing appropriate laughter, wit, and lightness.

Independence

Being able to make choices and function with appropriate autonomy.

Integrity

Trying to make my actions match my principles.

Justice

Standing for dignity, rights, and fair treatment.

Kindness

Acting with consideration, gentleness, and goodwill.

Learning

Building knowledge, skills, and understanding.

Love

Giving and receiving deep care, affection, and commitment.

Loyalty

Standing by people, commitments, or principles that matter to me.

Nature

Connecting with and caring for the natural world.

Openness

Being willing to consider new ideas, experiences, and perspectives.

Patience

Allowing time for people, processes, and change to unfold.

Peace

Reducing unnecessary conflict and supporting inner or relational harmony.

Purpose

Directing my energy toward something that feels meaningful.

Respect

Treating myself and others as worthy of dignity and consideration.

Responsibility

Owning my choices, commitments, and their effects.

Safety

Protecting physical and emotional security while respecting real needs.

Self-Compassion

Meeting my own pain or struggle with care instead of harshness.

Self-Expression

Communicating who I am through words, choices, creativity, or style.

Service

Using my time or abilities to benefit others or a cause.

Spirituality

Connecting with meaning, sacredness, or something larger than myself.

Stability

Creating enough consistency and predictability to feel grounded.

Trust

Building relationships where honesty, reliability, and vulnerability can grow.

Understanding

Trying to make sense of myself, other people, and experiences.

Wonder

Staying open to awe, surprise, beauty, and mystery.

MOST IMPORTANT TO ME

These values feel central to how I want to live right now.

sorting pile

IMPORTANT TO ME

These matter and I want them represented in my life.

sorting pile

SOMEWHAT IMPORTANT

These matter, but they are not a current priority.

sorting pile

NOT IMPORTANT RIGHT NOW

These are not guiding priorities for me at this time.

sorting pile

NOT SURE YET

I need more time, context, or thought before deciding.

sorting pile

MY VALUE

A value I want to name in my own words.

write before laminating, or use dry-erase after

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