** Inner Light Counseling**

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**Take a moment and look through these words; circle the ones that jump out at you. There is no right or wrong choice!**

**Some people find it helpful to cut these words into strips so they can be arranged in a rank order. Add any words that are important to you if they don’t appear in the list.**

**See if you can narrow your choice of words down to your top 5 or 6 values. Knowing what is most important to you makes it much simpler to choose experiences that are in line with what you most value.**

**VALUES WORDS**

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

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

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

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

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

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

7. **Connection:** to engage fully in whatever I’m doing and be fully present with others

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

9. **Cooperation:** to be cooperative and collaborative with others

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

11. **Creativity:** to be creative or innovative

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

13. **Encouragement:** to encourage and reward behavior that I value in myself or others

14. **Excitement:** to seek, create, and engage in activities that are exciting or stimulating

15. **Fairness and justice:** to be fair and just to myself or others

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

17. **Flexibility**: to adjust and adapt readily to changing circumstances

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

19. **Friendliness:** to be friendly, companionable, or agreeable toward others

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

21. **Fun and humor**: to be fun loving; to seek, create, and engage in fun-filled activities

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

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

24. **Industry:** to be industrious, hardworking, and dedicated

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

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

27. **Love:** to act lovingly or affectionately toward myself or others

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

29. **Order:** to be orderly and organized

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

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

32. **Responsibility:** to be responsible and accountable for my actions

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

34. **Sensuality and pleasure:** to create or enjoy pleasurable and sensual experiences

35. **Sexuality:** to explore or express my sexuality

36. **Skillfulness:** to continually practice and improve my skills and apply myself fully

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

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