

Activity Sheet 1

Values Activity

Value	Definition
Adventure	seeks out and/or participates in exciting events that involve uncertainty
Autonomy	places importance on freedom, independence, and individual discretion
Challenges	things or situations that test a person's thoughts or abilities
Change	a shift from one state, stage, or phase to another
Community	a group of people with a common background or characteristic or with shared interests
Competence	ability to solve problems, demonstrates mastery
Competition	comparison of self, team or organization against oneself or another
Cooperation	placing importance on working together to achieve results; go along with a role
Creativity	placing importance on imagination, inspiration, and inventiveness
Decisiveness	the ability to make decisions firmly, clearly, conclusively and in a timely manner
Diversity	appreciates and respects individual differences
Ecology or Environment	awareness of natural resources
Education	placing importance on learning and education
Ethics	valuing moral standards
Excellence	pursuit of the highest level of optimal performance
Excitement	things that engage attention and/or emotion, in a lively, stimulating, and compelling way
Fairness	placing importance in justice, decency, and equality
Fame	recognition by others, desire to be well-known
Family	connection to immediate or expended relations
Flexibility	the ability to adapt to environments, situations, or changes
Freedom	without obligation
Friendship	strong ties with family, friends, co-workers, or members of a certain community
Happiness	feelings of contentment, satisfaction and/or fulfillment
Health	placing importance on physical and emotional well-being

Value	Definition
Helping others	placing importance on assisting other people
Honesty	telling the truth, does not engage in deception, is forthright and candid
Independence	ability to be self-directed in one's thoughts and actions
Integrity	firm adherence to a moral code and/or set of values, walking the talk
Leadership	the ability to create relationships in order to complete a stated goal or mission
Loyalty	allegiances to people, organizations, ideals, causes, etc.
Meaningful work	doing and providing work that has a purpose and/or significance
Money	financial assets, the accumulation of wealth
Order	adherence to a system, protocol, or code
Philanthropy	giving of monetary gifts in order to benefit others
Play	imagination, spontaneity; the ability to be amused
Pleasure	enjoyment, delight, satisfaction, or fulfillment
Power	strength, superiority, dominance and/or authority
Privacy	the need for solitude or separateness
Recognition	acknowledgment and/or validation
Relationships	connections between and among people
Religion	a specific system of belief or worship
Safety	a concern for the security and well-being of oneself and/or others
Security	the feeling of being protected or safeguarded from danger, a sense of comfort
Service	placing importance on serving others with quality and value
Spirituality	appreciating the need to understand one's inner self and its relationship with the world
Stability	taking on day-to-day activities in a calm and consistent manner
Status	placing importance on the rank or position of something in a relationship or group
Wealth	richness in terms of assets or money
Work	employment, occupation, or fulfillment of a task or duty