

# Values

## Physical Values

Some values are the things that we do. We can value spending time with friends, we can value building things, we can value being creative, we can value working hard on something. I call these our physical values. The things we physically do that we love.

The table below lists some physical activities with some space at the end to add your own. Use this list or create a list of your own activities that you do with your time. Put a mark on the scale to show how much value that activity has in your life.

	<i>Don't enjoy it</i>	<i>Like it</i>	<i>Love it</i>	<i>Can't live without it</i>
<i>Time with family</i>				
<i>Time with friends</i>				
<i>Time alone</i>				
<i>Making things</i>				
<i>Working hard</i>				
<i>Being creative</i>				
<i>Asking questions</i>				
<i>Finding answers</i>				
<i>Exercise</i>				
<i>Discovering</i>				
<i>Adventuring</i>				
<i>Solving problems</i>				
<i>Improving things</i>				
<i>meditating</i>				
<i>Work/Job</i>				

## Character Values

Some values are not what we do but rather the way we think or personality traits that we feel are important. I call these our Character Values.

The table below lists some Character Values with some space at the end to add your own. Use this list or create a list of your own personality traits or ways of thinking that you see in yourself or other people. Put a mark on the scale to show how important you feel that trait is to you.

	<i>Not important</i>	<i>Nice but not necessary</i>	<i>Important</i>	<i>Must have/be</i>
<i>Kindness</i>				
<i>Honesty</i>				
<i>Respectful</i>				
<i>Wisdom</i>				
<i>Resilience</i>				
<i>Peaceful</i>				
<i>Harmony</i>				
<i>Recognition</i>				
<i>Openness</i>				
<i>Justice</i>				
<i>Fairness</i>				
<i>Generosity</i>				
<i>Discipline</i>				
<i>Authority</i>				
<i>Spirituality</i>				

## Achievement Values

Some values are things that we can actually get or achieve. These can be physical possessions or more abstract concepts.

The table below lists some Achievement Values with some space at the end to add your own. Use this list or create your own list of things you think are important to have in life. Put a mark on the scale to show how important you feel that thing is to you.

	<i>Not important</i>	<i>Nice but not that important</i>	<i>Important</i>	<i>Must have</i>
<i>Freedom</i>				
<i>Knowledge</i>				
<i>Love</i>				
<i>Friendship</i>				
<i>Accomplishment</i>				
<i>Good health</i>				
<i>Growth</i>				
<i>Wealth</i>				
<i>Security</i>				
<i>Routine</i>				
<i>Friendship</i>				
<i>Recognition</i>				
<i>Power</i>				
<i>Control</i>				
<i>Popularity</i>				