



List of Values

Creative work intended for publication.

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Self:

This section is focussed on personal attributes and how we treat ourselves.

1. Accountability: Taking responsibility for one's actions and decisions.
2. Authenticity: Being true to oneself and others.
3. Balance: Maintaining a sense of equilibrium in various aspects of life.
4. Calmness: Maintaining a sense of peace and tranquillity.
5. Consistency: Being reliable and dependable in one's actions and behavior.
6. Contentment and Ambition: Finding happiness and satisfaction with what one has while striving for progress and improvement.
7. Courage: Being brave and persistent in the face of fear, threat, or difficulty; taking risks for oneself and others.
8. Ethics: Adhering to a set of moral principles and values.
9. Freedom: Valuing personal freedom and liberty.
10. Gratitude: Being thankful and appreciative for what one has.
11. Honesty: Being truthful and transparent in one's actions and communications.
12. Humility: Being humble and modest in one's actions and behavior.
13. Independence: Valuing personal autonomy, self-sufficiency, and self-reliance.

14. Insightfulness: Having a deep understanding and perception of oneself and others.
15. Integrity: Adhering to a strong sense of moral principles, ethics, and values.
16. Intuition: Trusting and following one's instincts and inner guidance.
17. Meaning: Seeking and finding purpose and significance in life.
18. Mindfulness: Being present and aware in the current moment.
19. Modesty: Being humble and unassuming in one's actions and behavior.
20. Peace: Promoting and experiencing a sense of calm, harmony, and tranquility.
21. Privacy: Valuing and protecting one's personal privacy and boundaries.
22. Reliability: Being dependable, consistent, and trustworthy in one's actions and behavior.
23. Respect: Valuing and showing consideration and honor for oneself and others.
24. Sincerity: Being genuine and honest in one's intentions, actions, and communication.
25. Sobriety: Valuing and maintaining sobriety and abstaining from harmful substances.
26. Soul in the Game: Not standing on side-lines and criticising. Ethically aligning actions with beliefs, investing time and resources where one's principles lie, and taking risks for others.
27. Trust: Building and maintaining trust in relationships and interactions with others, having faith and confidence in oneself and others.

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Others:

This section is dedicated to how we treat and interact with other people.

1. Altruism: Selflessly helping and serving others.
2. Caring: Showing concern and empathy for others.
3. Collaboration: Working cooperatively with others towards a common goal.
4. Community: Being connected and supportive of a group or community.
5. Community Building: Fostering connections and relationships within communities for collective well-being.
6. Compassion: Feeling empathy and taking action to help others.
7. Connection: Feeling a sense of belonging and connection to others.
8. Cooperation: Working together with others towards a shared goal.
9. Diversity: Valuing and respecting differences among people and cultures.
10. Empathy: Understanding and feeling the emotions of others.

11. Encouragement: Providing support and motivation to others.
12. Equality: Believing in and promoting fairness and justice for all.
13. Fairness: Being impartial and just in one's actions and decisions.
14. Family: Valuing and prioritizing relationships with family members.
15. Forgiveness: Letting go of anger and resentment towards others.
16. Friendship: Valuing and nurturing friendships and relationships.
17. Generosity: Giving and sharing with others.
18. Inclusiveness: Valuing and respecting diversity and including everyone.
19. Justice: Advocating, promoting, and upholding fairness and equity for all.
20. Kindness: Showing compassion, generosity, and consideration towards others.
21. Leadership: Guiding and inspiring others towards a common goal or vision.
22. Love: Valuing and prioritizing intimate relationships and connections with others.
23. Loyalty: Being committed and devoted to others and/or to a cause.
24. Philanthropy: Giving and donating resources and time to help others.
25. Power: Valuing and seeking personal or social agency and influence.
26. Reciprocity: Building relationships based on mutual benefit and fairness, ensuring a balanced exchange of giving and receiving.
27. Supportiveness: Being supportive and encouraging of others.
28. Teamwork: Working collaboratively and effectively with others towards a common goal.
29. Tolerance: Being accepting and tolerant of others and differences among people and cultures.
30. Transparency: Being open and honest in one's actions and communication.
31. Understanding: Seeking, empathizing, and striving for understanding of oneself and others, their different perspectives, and viewpoints.
32. Unity: Valuing and promoting a sense of togetherness and cooperation.

Agency:

This section is focused on our ability of managing ourselves and changing the world.

1. Ambition: Striving for success and achievement.
2. Boldness: Being daring and fearless in pursuit of goals.
3. Clarity: Having a clear understanding and vision of one's goals and purpose.
4. Commitment: Making a dedicated effort towards a goal or cause.
5. Competence: Having the necessary skills and abilities to perform a task or job.

6. Confidence: Believing in oneself and one's abilities.
7. Decisiveness: Being able to make decisions with confidence and clarity.
8. Determination: Being persistent and dedicated in the pursuit of goals.
9. Discipline: Having self-control and consistency in one's actions and behavior.
10. Drive: Having a strong motivation and ambition towards goals.
11. Endurance: Being able to persist through difficult challenges and obstacles.
12. Excellence: Striving for the highest level of performance and quality.
13. Intentionality: Acting deliberately with purpose and mindfulness in one's actions and decisions.
14. Investment: Dedicating time and resources towards achieving goals and success.
15. Legacy: Striving to leave a positive impact and influence on the world.
16. Mastery: Striving for excellence and expertise in a particular area.
17. Perseverance: Persisting through challenges and obstacles towards a goal.
18. Persistence: Continuing to pursue a goal despite setbacks or failures.
19. Precision: Paying close attention to detail and accuracy.
20. Professionalism: Conducting oneself with a high standard of ethics and behavior in a professional setting.
21. Punctuality: Being prompt and reliable in meeting commitments and obligations.
22. Purpose: Having a clear sense of direction and meaning in life.
23. Quality: Valuing, striving, and pursuing excellence in all aspects of life.
24. Resilience: Bouncing back from setbacks, challenges, and adversity with strength and determination.
25. Responsibility: Taking ownership and being accountable for one's actions and decisions.
26. Risk-taking: Being willing to take calculated risks for potential rewards.
27. Self-awareness: Having a deep understanding and insight into oneself, including strengths and weaknesses.
28. Self-care: Prioritizing one's physical, mental, and emotional well-being.
29. Self-discipline: Having the ability to control and regulate one's own behavior and impulses.
30. Self-improvement: Actively seeking opportunities for personal growth and development.
31. Strength: Having inner resilience and fortitude to face challenges and adversity.

32. Success: Achieving one's goals and aspirations.
33. Tenacity: Having determination and persistence in the face of challenges.
34. Thoroughness: Paying attention to detail and ensuring completeness and accuracy in tasks and projects.
35. Vision: Having a clear and inspiring vision for the future.
36. Work ethic: Demonstrating dedication, diligence, and perseverance in one's work and endeavors.

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Experiences:

This section is about the way we show in the world, what type of experiences we prefer.

1. Adaptability: Being flexible and open to change.
2. Adventure: Seeking new and exciting experiences and challenges.
3. Challenge: Embracing and overcoming obstacles and difficulties.
4. Creativity: Expressing oneself through imagination and innovation.
5. Curiosity: Having a strong desire to learn and explore new things.
6. Exploration: Seeking out new experiences and knowledge.
7. Flexibility: Being adaptable and able to adjust to different situations and circumstances.
8. Fun: Seeking enjoyment and pleasure in activities and experiences.
9. Growth: Embracing opportunities for personal and professional development.
10. Happiness: Pursuing and experiencing joy and contentment in life.
11. Harmony: Seeking and promoting balance and unity in relationships and experiences.
12. Humour: Finding and appreciating the lighter side of life.
13. Imagination: Fostering creativity and innovation through imagination.
14. Innovation: Being open to new ideas and approaches.
15. Intelligence: Valuing and utilizing intellectual capabilities and problem-solving skills.
16. Joy: Experiencing happiness and delight in life's moments.
17. Knowledge: Valuing and seeking understanding and wisdom.
18. Learning: Embracing opportunities for growth and knowledge acquisition.
19. Open-mindedness: Being receptive to new ideas and perspectives.
20. Optimism: Having a positive outlook and mindset towards life.

21. Order: Seeking and promoting organization and structure in one's life and environment.
22. Passion: Pursuing and engaging in activities with enthusiasm and intensity.
23. Patience: Demonstrating calmness and tolerance in the face of delay or adversity.
24. Personal development: Investing in oneself and one's growth and improvement.
25. Playfulness: Embracing a spirit of fun and lightheartedness in life.
26. Positivity: Maintaining an optimistic and hopeful attitude.
27. Predictability: Seeking stability and reliability in life's outcomes and experiences.
28. Security: Ensuring safety and stability in one's environment and relationships.
29. Self-Development: Striving for continuous growth, advancement, and improvement in knowledge, skills, character, or life experience.
30. Simplicity: Embracing and valuing simplicity and minimalism.
31. Soulfulness: Nurturing and connecting with the deeper aspects of oneself and others.
32. Spirituality: Exploring and connecting with one's spiritual beliefs and practices.
33. Spontaneity: Embracing and enjoying impulsive and unplanned experiences.
34. Stability: Seeking and promoting security and steadiness in one's life.
35. Tradition: Valuing and preserving cultural and familial traditions.
36. Wisdom: Applying knowledge and experience with insight and discernment.
37. Wonder: Cultivating a sense of awe and appreciation for the world around us.
38. Zeal: Approaching life with enthusiasm, passion, and energy.

Things:

Section exploring our relationship with things around us.

1. Art Appreciating: Valuing and engaging with artistic expressions and creativity.
2. Building and Improving: Valuing the creation, improvement, and maintenance of things, both material and immaterial, to enhance personal and collective well-being.
3. Education: Prioritizing continuous learning and intellectual growth.
4. Environmental Consciousness: Valuing and prioritizing the protection and preservation of the natural environment.
5. Generosity and Philanthropy: Accumulating resources with the intention of giving back and supporting others.

6. Legacy Building: Collecting and preserving with the intention of passing them on to future generations or contributing to a lasting impact.
7. Material Abundance: Appreciating and cultivating abundance in resources and opportunities.
8. Mindful Consumption: Being conscientious and deliberate in the acquisition and use of material possessions.
9. Minimalism: Embracing simplicity and intentionally reducing clutter and excess.
10. Preservation: Valuing and maintaining the integrity and longevity of material possessions.
11. Security: Ensuring safety and stability in material possessions and surroundings.
12. Technology: Embracing and leveraging advancements in technology for efficiency and progress.
13. User of Things: Prioritizing relationships and experiences over material possessions, recognizing the utilitarian purpose of things, and practicing detachment from materialism. "Love People, Enjoy Experiences, Use Things."
14. Utilitarianism: Recognizing the practical purpose of material possessions and using them for their intended function rather than attachment or sentimentality.

Feel free to adjust or expand upon these descriptions as needed to better align with your vision and voice.