

Forty-five Values of Life

1. **Adventure** Finding activities where you can explore the unknown.
2. **Aesthetics** Appreciating or study the beauty of ideas, surroundings or objects.
3. **Attractiveness** Having a good appearance.
4. **Belonging** Being accepted as a worthwhile member of a group.
5. **Caring** Showing compassion. Helping those in need.
6. **Challenging Problems** Engaging in complex questions and demanding tasks.
7. **Community** Being part of a supportive community of people.
8. **Competition** Participating in activities that pit personal skills and abilities against others.
9. **Connectedness** Being close and connected to others.
10. **Conformity** Acting and behaving with social norms.
11. **Control** Being in command of your environment and surroundings.
12. **Cooperation** Working and acting towards a common end or purpose.
13. **Creative Expression** Expressing your ideas in novel and unique ways. Having the opportunity for experimentation and innovation.
14. **Discovery** Exploring and identifying new approaches to the world.
15. **Diversity** Appreciating differences in people, ideas and situations.
16. **Family** Building and maintaining a close knit family.
17. **Fairness** Demonstrating a commitment to justice and the equal treatment of individuals.
18. **Fidelity** Being faithful and loyal to family and friends.
19. **Health** Maintaining a healthy body and mind.
20. **Honesty** Demonstrating truthfulness and sincerity.
21. **Humility** Demonstrating modesty in behavior, attitude and spirit.
22. **Independence** Determining a course of action free from control by others.
23. **Influence** Being in a position to change attitudes or beliefs of other people.
24. **Knowledge** Engaging in the pursuit of scholarship, truth and understanding.

25. **Leadership** Having the ability to motivate and inspire others towards a common vision.
26. **Loyalty** Being steadfast in allegiance to people, ideals or customs.
27. **Luxury** Enjoying the richness of comforts and pleasures.
28. **Passion** Feelings of excitement and connection to people, purpose and activities.
29. **Pleasure** Seeking satisfaction, sensual gratification and fun.
30. **Pursuit of Excellence** Performing tasks to the best of your ability.
31. **Recognition** Seeking positive feedback and acceptance for well done tasks.
32. **Respect** Recognizing others' worth and right to self determination.
33. **Responsibility** Demonstrating ethical accountability for decisions and actions.
34. **Risk taking** Aspiring to the difficult, challenging and sometimes impossible.
35. **Security** Being free from fear, danger, or risk, to exist in a stable environment.
36. **Self-Interest** Having regard for one's interests or advantages, especially with disregard to others.
37. **Sensitivity** Being aware of and sensitive to the needs and wants of others.
38. **Service** Contributing to and being involved in efforts to help individuals or groups without motive or personal gain.
39. **Simplicity** Enjoying a simple non complex and excessive life.
40. **Spirituality** Having awareness of the connection to a higher power, a world view that includes a higher purpose and meaning.
41. **Status** Gaining the respect of others.
42. **Tolerance** Recognizing and respect the opinions, practices and behaviors of others.
43. **Trustworthiness** Fulfilling commitments and keep promises.
44. **Wealth** Accumulating enough material possessions and money to free yourself from worry.
45. **Variety** Finding frequent change of activities and settings.

(from: www.self-esteem-health.com)