



VALUES LIST

Use this list to identify your values. What is important to you? What resonates?

ADVENTURE

Risk	The Unknown
Danger	Speculation
Gamble	Endeavor
Experiment	Exhilaration

Thrill
Dare
Quest
Venture

MASTERY

Expert	Dominate field	Adept
Dominate field	Superiority	Primacy
Preeminence	Greatest	Best
Excellence	Set standards	Outdo

BEAUTY

Grace	Refinement
Attractiveness	Loveliness
Magnificence	Gloriousness

Elegance
Radiance
Taste

PLEASURE

Have fun	Be hedonistic	Sex
Sensual	Be amused	Bliss
Be entertained	Play games	Sports

TO CATALYZE

Impact	Move forward
Turn on	Unstick others
Spark	Encourage
Stimulate	Energize

Touch
Coach
Influence
Alter

TO RELATE

Be connected	Community	Family
To unite	To nurture	Be linked
Be bonded	Be integrated	Be with

TO CONTRIBUTE

Serve	Improve
Assist	Strengthen
Facilitate	Minister to
Provide	Foster

Augment
Endow
Grant
Assist

BE SENSITIVE

Tenderness	Touch	Perceive
Be present	Empathize	Support
Compassion	Respond	See

TO CREATE

Design	Improve
Imagination	Originally
Conceive	Plan
Perfect	Assemble

Invent
Ingenuity
Build
Inspire

BE SPIRITUAL

Be aware	Be accepting	Be awake
God	Devoting	Holy
Honoring	Be passionate	Religious

TO DISCOVER

Learn	Detect
Locate	Realize
Discern	Distinguish

Perceive
Uncover
Observe

TO TEACH

Educate	Instruct	Enlighten
Inform	Prepare	Edify
Prime	Uplift	Explain

TO FEEL

Sensations	To experience
To glow	To feel good
Energy flow	In touch with

Sense
Be with
Emote

TO WIN

Prevail	Accomplish	Attain
Score	Acquire	Win over
Triumph	Predominate	Attract

TO LEAD

Guide	Inspire
Cause	Arouse
Reign	Govern
Persuade	Encourage

Influence
Enroll
Rule
Model

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