

VALUE

FEAR

choosing value over fear

things I want to remember:

thoughts and questions I'm having:

actions I need to take:

Values and Fears

To choose value over fear, we must take the time to name both our values and our fears. Many times, our values are accompanied by a doubting inner voice that asks us to stay comfortable and not risk courage. By recording these fears, we start to grow familiar with the voice of fear. This allows us to quickly identify that voice for what it is. This is also the first step in claiming our power and setting the boundaries that will help us “build” and “be” our visions

What do I VALUE?	+	What do I FEAR will happen if I live by this value?	➔	
	+		➔	
	+		➔	
	+		➔	
	+		➔	
	+		➔	
	+		➔	
	+		➔	
	+		➔	

418 Values to Start Your Thinking

Sometimes, the most difficult thing about identifying your values is trying to see a piece of yourself that feels innate and imbedded in who you are. These types of values are so engrained, we often struggled to name them. Hopefully, this list will help you start to name the unnamable while you begin to see that the parts of yourself that you take for granted are actually powerful displays of your values.

Abundance	Benevolence	Continuity	Eagerness	Financial
Acceptance	Bliss	Contribution	Ease	independence
Accessibility	Boldness	Control	Economy	Firmness
Accomplishment	Bravery	Conviction	Ecstasy	Fitness
Accountability	Brilliance	Conviviality	Education	Flexibility
Accuracy	Buoyancy	Coolness	Effectiveness	Flow
Achievement	Calmness	Cooperation	Efficiency	Fluency
Acknowledgement	Camaraderie	Cordiality	Elation	Focus
Activeness	Candor	Correctness	Elegance	Fortitude
Adaptability	Capability	Country	Empathy	Frankness
Adoration	Care	Courage	Encouragement	Freedom
Adroitness	Carefulness	Courtesy	Endurance	Friendliness
Advancement	Celebrity	Craftiness	Energy	Friendship
Adventure	Certainty	Creativity	Enjoyment	Frugality
Affection	Challenge	Credibility	Entertainment	Fun
Affluence	Change	Cunning	Enthusiasm	Gallantry
Aggressiveness	Charity	Curiosity	Environmentalism	Generosity
Agility	Charm	Daring	Ethics	Gentility
Alertness	Chastity	Decisiveness	Euphoria	Giving
Altruism	Cheerfulness	Decorum	Excellence	Grace
Amazement	Clarity	Deference	Excitement	Gratitude
Ambition	Cleanliness	Delight	Exhilaration	Gregariousness
Amusement	Clear-mindedness	Dependability	Expectancy	Growth
Anticipation	Cleverness	Depth	Expediency	Guidance
Appreciation	Closeness	Desire	Experience	Happiness
Approachability	Comfort	Determination	Expertise	Harmony
Approval	Commitment	Devotion	Exploration	Health
Art	Community	Devoutness	Expressiveness	Heart
Articulacy	Compassion	Dexterity	Extravagance	Helpfulness
Artistry	Competence	Dignity	Extroversion	Heroism
Assertiveness	Competition	Diligence	Exuberance	Holiness
Assurance	Completion	Direction	Fairness	Honesty
Attentiveness	Composure	Directness	Faith	Honor
Attractiveness	Concentration	Discipline	Fame	Hopefulness
Audacity	Confidence	Discovery	Family	Hospitality
Availability	Conformity	Discretion	Fascination	Humility
Awareness	Congruency	Diversity	Fashion	Humor
Awe	Connection	Dominance	Fearlessness	Hygiene
Balance	Consciousness	Dreaming	Ferocity	Imagination
Beauty	Conservation	Drive	Fidelity	Impact
Being the best	Consistency	Duty	Fierceness	Impartiality
Belonging	Contentment	Dynamism		Independence

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Individuality	Motivation	Punctuality	Silence	Valor
Industry	Mysteriousness	Purity	Silliness	Variety
Influence	Nature	Rationality	Simplicity	Victory
Ingenuity	Neatness	Realism	Sincerity	Vigor
Inquisitiveness	Nerve	Reason	Skillfulness	Virtue
Insightfulness	Nonconformity	Reasonableness	Solidarity	Vision
Inspiration	Obedience	Recognition	Solitude	Vitality
Integrity	Open-mindedness	Recreation	Sophistication	Vivacity
Intellect	Openness	Refinement	Soundness	Volunteering
Intelligence	Optimism	Reflection	Speed	Warmheartedness
Intensity	Order	Relaxation	Spirit	Warmth
Intimacy	Organization	Reliability	Spirituality	Watchfulness
Intrepidness	Originality	Relief	Spontaneity	Wealth
Introspection	Outdoors	Religiousness	Spunk	Willfulness
Introversion	Outlandishness	Reputation	Stability	Willingness
Intuition	Outrageousness	Resilience	Status	Winning
Intuitiveness	Partnership	Resolution	Stealth	Wisdom
Inventiveness	Patience	Resolve	Stillness	Wittiness
Investing	Passion	Resourcefulness	Strength	Wonder
Involvement	Peace	Respect	Structure	Worthiness
Joy	Perceptiveness	Responsibility	Success	Youthfulness
Judiciousness	Perfection	Rest	Support	Zeal
Justice	Perkiness	Restraint	Supremacy	
Keeness	Perseverance	Reverence	Surprise	
Kindness	Persistence	Richness	Sympathy	
Knowledge	Persuasiveness	Rigor	Synergy	
Leadership	Philanthropy	Sacredness	Teaching	
Learning	Piety	Sacrifice	Teamwork	
Liberation	Playfulness	Sagacity	Temperance	
Liberty	Pleasantness	Saintliness	Thankfulness	
Lightness	Pleasure	Sanguinity	Thoroughness	
Liveliness	Poise	Satisfaction	Thoughtfulness	
Logic	Polish	Science	Thrift	
Longevity	Popularity	Security	Tidiness	
Love	Potency	Self-control	Timeliness	
Loyalty	Power	Selflessness	Traditionalism	
Majesty	Practicality	Self-reliance	Tranquility	
Making a difference	Pragmatism	Self-respect	Transcendence	
Marriage	Precision	Sensitivity	Trust	
Mastery	Preparedness	Sensuality	Trustworthiness	
Maturity	Presence	Serenity	Truth	
Meaning	Pride	Service	Understanding	
Meekness	Privacy	Sexiness	Unflappability	
Mellowness	Proactivity	Sexuality	Uniqueness	
Meticulousness	Professionalism	Sharing	Unity	
Mindfulness	Prosperity	Shrewdness	Usefulness	
Modesty	Prudence	Significance	Utility	