

VALUES LIST

CONNECTION/ LOVE	WELL BEING	SAFETY/ SECURITY	FUN	BOLDNESS	AUTHENTICITY
affection, care	support	comfort	gratitude	courage	honesty
closeness	wellness	confidence	ease	risk	openness
companionship	rest	structure, predictability	play	challenge	self-expression
compassion	nourishment	protection	space	being the best	significance
intimacy, touch	peace, harmony	stability, tradition	wonder	initiative	fulfillment
kindness	balance	trust	humor	perseverance	truth
acceptance	health	accountability	creativity	vision	clarity
attention	simplicity	support	adventure	leadership	honor

BELONGING	UNDERSTANDING	MEANING	AUTONOMY	SPIRITUALITY	
generosity	acceptance	appreciation	choice	faith	
welcoming	communication	celebration	freedom	humility	
partnership	respect, equality	growth	responsibility	devotion	
trust, dependability	be known	purpose	independence	morality, right	
transparency	recognition	skill	integrity	worth	
commitment	heard	achievement	power	equality	
loyalty, reliability	sensitivity	value	discipline	generosity	
harmony	grace	legacy	knowledge	hope	

“It’s not hard to make decisions when you know what your values are.”
– Roy E. Disney

PARTNER: _____	PARTNER: _____