

Clear Directions Coaching - 'The Long List' Values Exercise

Adapted from <http://www.stevepavlina.com/articles/list-of-values.htm>: The following list of values will help you develop a clearer sense of what's most important to you in life. At first mark all the values that resonate with you; then group them by 'flavour'. In the next step narrow your list down to 20 values, and then to 5-10 (max). Sort your list in order of priority. As you scan the values list below, you may find that, while most values have little or no significance to you (and some may even seem negative to you), there are those values that just jump out and call to you, and you feel, "Yes, this value is part of me." This values list is merely a guide. It is lengthy and contains many synonyms but is certainly not exhaustive, so feel free to add unlisted values to your own list.

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| 1. Abundance | 32. Assurance | 63. Clarity | 94. Country |
| 2. Acceptance | 33. Attentiveness | 64. Cleanliness | 95. Courage |
| 3. Accessibility | 34. Attractiveness | 65. Clear-mindedness | 96. Courtesy |
| 4. Accomplishment | 35. Audacity | 66. Cleverness | 97. Craftiness |
| 5. Accountability | 36. Availability | 67. Closeness | 98. Creativity |
| 6. Accuracy | 37. Awareness | 68. Comfort | 99. Credibility |
| 7. Achievement | 38. Awe | 69. Commitment | 100. Cunning |
| 8. Acknowledgement | 39. Balance | 70. Community | 101. Curiosity |
| 9. Activeness | 40. Beauty | 71. Compassion | 102. Daring |
| 10. Adaptability | 41. Being the best | 72. Competence | 103. Decisiveness |
| 11. Adoration | 42. Belonging | 73. Competition | 104. Decorum |
| 12. Adroitness | 43. Benevolence | 74. Completion | 105. Deference |
| 13. Advancement | 44. Bliss | 75. Composure | 106. Delight |
| 14. Adventure | 45. Boldness | 76. Concentration | 107. Dependability |
| 15. Affection | 46. Bravery | 77. Confidence | 108. Depth |
| 16. Affluence | 47. Brilliance | 78. Conformity | 109. Desire |
| 17. Aggressiveness | 48. Buoyancy | 79. Congruency | 110. Determination |
| 18. Agility | 49. Calmness | 80. Connection | 111. Devotion |
| 19. Alertness | 50. Camaraderie | 81. Consciousness | 112. Devoutness |
| 20. Altruism | 51. Candor | 82. Conservation | 113. Dexterity |
| 21. Amazement | 52. Capability | 83. Consistency | 114. Dignity |
| 22. Ambition | 53. Care | 84. Contentment | 115. Diligence |
| 23. Amusement | 54. Carefulness | 85. Continuity | 116. Direction |
| 24. Anticipation | 55. Celebrity | 86. Contribution | 117. Directness |
| 25. Appreciation | 56. Certainty | 87. Control | 118. Discipline |
| 26. Approachability | 57. Challenge | 88. Conviction | 119. Discovery |
| 27. Approval | 58. Change | 89. Conviviality | 120. Discretion |
| 28. Art | 59. Charity | 90. Coolness | 121. Diversity |
| 29. Articulacy | 60. Charm | 91. Cooperation | 122. Dominance |
| 30. Artistry | 61. Chastity | 92. Cordiality | 123. Dreaming |
| 31. Assertiveness | 62. Cheerfulness | 93. Correctness | 124. Drive |
| 125. Duty | 167. Fierceness | 209. Individuality | 251. Meekness |
| 126. Dynamism | 168. Financ. indepen | 210. Industry | 252. Mellowness |

127. Eagerness	169. Firmness	211. Influence	253. Meticulousness
128. Ease	170. Fitness	212. Ingenuity	254. Mindfulness
129. Economy	171. Flexibility	213. Inquisitiveness	255. Modesty
130. Ecstasy	172. Flow	214. Insightfulness	256. Motivation
131. Education	173. Fluency	215. Inspiration	257. Mysteriousness
132. Effectiveness	174. Focus	216. Integrity	258. Nature
133. Efficiency	175. Fortitude	217. Intellect	259. Neatness
134. Elation	176. Frankness	218. Intelligence	260. Nerve
135. Elegance	177. Freedom	219. Intensity	261. Nonconformity
136. Empathy	178. Friendliness	220. Intimacy	262. Obedience
137. Encouragement	179. Friendship	221. Intrepidity	263. Open-mindedness
138. Endurance	180. Frugality	222. Introspection	264. Openness
139. Energy	181. Fun	223. Introversiveness	265. Optimism
140. Enjoyment	182. Gallantry	224. Intuition	266. Order
141. Entertainment	183. Generosity	225. Intuitiveness	267. Organization
142. Enthusiasm	184. Gentility	226. Inventiveness	268. Originality
143. Environmentalism	185. Giving	227. Investing	269. Outdoors
144. Ethics	186. Grace	228. Involvement	270. Outlandishness
145. Euphoria	187. Gratitude	229. Joy	271. Outrageousness
146. Excellence	188. Gregariousness	230. Judiciousness	272. Partnership
147. Excitement	189. Growth	231. Justice	273. Patience
148. Exhilaration	190. Guidance	232. Keeness	274. Passion
149. Expectancy	191. Happiness	233. Kindness	275. Peace
150. Expediency	192. Harmony	234. Knowledge	276. Perceptiveness
151. Experience	193. Health	235. Leadership	277. Perfection
152. Expertise	194. Heart	236. Learning	278. Perkiness
153. Exploration	195. Helpfulness	237. Liberation	279. Perseverance
154. Expressiveness	196. Heroism	238. Liberty	280. Persistence
155. Extravagance	197. Holiness	239. Lightness	281. Persuasiveness
156. Extroversion	198. Honesty	240. Liveliness	282. Philanthropy
157. Exuberance	199. Honor	241. Logic	283. Piety
158. Fairness	200. Hopefulness	242. Longevity	284. Playfulness
159. Faith	201. Hospitality	243. Love	285. Pleasantness
160. Fame	202. Humility	244. Loyalty	286. Pleasure
161. Family	203. Humor	245. Majesty	287. Poise
162. Fascination	204. Hygiene	246. Making a difference	288. Polish
163. Fashion	205. Imagination	247. Marriage	289. Popularity
164. Fearlessness	206. Impact	248. Mastery	290. Potency
165. Ferocity	207. Impartiality	249. Maturity	291. Power
166. Fidelity	208. Independence	250. Meaning	292. Practicality
293. Pragmatism	335. Science	377. Teamwork	
294. Precision	336. Security	378. Temperance	
295. Preparedness	337. Self-control	379. Thankfulness	
296. Presence	338. Selflessness	380. Thoroughness	
297. Pride	339. Self-reliance	381. Thoughtfulness	

298. Privacy	340. Self-respect	382. Thrift
299. Proactivity	341. Sensitivity	383. Tidiness
300. Professionalism	342. Sensuality	384. Timeliness
301. Prosperity	343. Serenity	385. Traditionalism
302. Prudence	344. Service	386. Tranquility
303. Punctuality	345. Sexiness	387. Transcendence
304. Purity	346. Sexuality	388. Trust
305. Rationality	347. Sharing	389. Trustworthiness
306. Realism	348. Shrewdness	390. Truth
307. Reason	349. Significance	391. Understanding
308. Reasonableness	350. Silence	392. Unflappability
309. Recognition	351. Silliness	393. Uniqueness
310. Recreation	352. Simplicity	394. Unity
311. Refinement	353. Sincerity	395. Usefulness
312. Reflection	354. Skillfulness	396. Utility
313. Relaxation	355. Solidarity	397. Valor
314. Reliability	356. Solitude	398. Variety
315. Relief	357. Sophistication	399. Victory
316. Religiousness	358. Soundness	400. Vigor
317. Reputation	359. Speed	401. Virtue
318. Resilience	360. Spirit	402. Vision
319. Resolution	361. Spirituality	403. Vitality
320. Resolve	362. Spontaneity	404. Vivacity
321. Resourcefulness	363. Spunk	405. Volunteering
322. Respect	364. Stability	406. Warmheartedness
323. Responsibility	365. Status	407. Warmth
324. Rest	366. Stealth	408. Watchfulness
325. Restraint	367. Stillness	409. Wealth
326. Reverence	368. Strength	410. Willfulness
327. Richness	369. Structure	411. Willingness
328. Rigor	370. Success	412. Winning
329. Sacredness	371. Support	413. Wisdom
330. Sacrifice	372. Supremacy	414. Wittiness
331. Sagacity	373. Surprise	415. Wonder
332. Saintliness	374. Sympathy	416. Worthiness
333. Sanguinity	375. Synergy	417. Youthfulness
334. Satisfaction	376. Teaching	418. Zeal