



# Understanding your values

The key to unlocking your preferred future

If we don't understand what we value, what is important to us, then we cannot hope to create a future that fulfils those values.

Work through the list and highlight all the values that seem to resonate with you, those words on the list that you believe are slightly more important to you, than the other words on the list.

Once you have your short list (or a long, short list) then spend time in contemplation on each of those items. See where they appear in your life. Do you recognise yourself making decisions or taking action related to any on your list. Reorder the list with your more highly valued values near the top.

Remember, just because you have identified certain values as important to you, now, does not mean that they others are necessarily unimportant. You may also see your values change over your life, as you expose yourself to new ideas, mature or change your thinking, or move through different stages.

Once you have your list of your top 3 or 4 or 5 values, keep them close to you and start to make decisions based on those values. Watch how they begin to focus your attention and align your work and your personal life to what is most important to you.

And then you are ready to apply them to describe a future that is more meaningful to you, because it is aligned with what you value. You are far more likely to achieve that future, than to enjoy one where you don't actually know what you want.

Enjoy the process! And feel free to drop me an email to let me know how it works for you.

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# A

- Acceptance
- Accomplishment
- Accountability
- Accuracy
- Achievement
- Adaptability
- Agency
- Alertness
- Altruism
- Ambition
- Amusement
- Assertiveness
- Attentive
- Awareness

# B

- Balance
- Beauty
- Boldness
- Bravery
- Brilliance

# C

- Calm
- Candor
- Capable
- Careful
- Certainty

- Challenge
- Charity
- Cleanliness
- Clear
- Clever
- Comfort
- Commitment
- Common sense
- Communication
- Community
- Compassion
- Competence
- Concentration
- Confidence
- Connection
- Consciousness
- Consistency
- Contentment
- Contribution
- Control
- Conviction
- Cooperation
- Courage
- Courtesy
- Creation
- Creativity
- Credibility
- Curiosity

# D

- Decisive
- Decisiveness
- Dedication
- Dependability
- Determination
- Development
- Devotion
- Dignity
- Discipline
- Discovery
- Drive

# E

- Effectiveness
- Efficiency
- Empathy
- Empower
- Endurance
- Energy
- Enjoyment
- Enthusiasm
- Equality
- Ethical
- Excellence
- Experience
- Exploration

- Expressive

# F

- Fairness
- Family
- Famous
- Fearless
- Feelings
- Ferocious
- Fidelity
- Focus
- Foresight
- Fortitude
- Freedom
- Friendship
- Fun

# G

- Generosity
- Genius
- Giving
- Goodness
- Grace
- Gratitude
- Greatness
- Growth

# H

- Happiness
- Hard work
- Harmony
- Health
- Honesty
- Honor
- Hope
- Humility
- Humor

# I

- Imagination
- Improvement
- Independence
- Individuality
- Innovation
- Inquisitive
- Insightful
- Inspiring
- Integrity
- Intelligence
- Intensity
- Intuitive

# J

- Joy
- Justice

# K

- Kindness
- Knowledge

# L

- Lawful
- Leadership
- Learning
- Liberty
- Logic
- Love
- Loyalty

# M

- Mastery
- Maturity
- Meaning
- Moderation
- Motivation

# N

- .
- 

# O

- Openness
- Optimism
- Order
- Organization

- Originality

# P

- Passion
- Patience
- Peace
- Performance
- Persistence
- Playfulness
- Poise
- Potential
- Power
- Present
- Productivity
- Professionalism
- Prosperity
- Purpose

# Q

- Quality

# R

- Realistic
- Reason
- Recognition
- Recreation
- Reflective
- Respect

- Responsibility

- Restraint
- Results-oriented

- Reverence

- Rigor

- Risk

# S

- Satisfaction
- Security
- Self-reliance
- Selfless
- Sensitivity
- Serenity
- Service
- Sharing
- Significance
- Silence
- Simplicity
- Sincerity
- Skill
- Skilfulness
- Smart
- Solitude
- Spirit
- Spirituality
- Spontaneous
- Stability

Status  Understanding

Stewardship  Uniqueness

Strength  Unity

Structure

Success

Support  Valor

Surprise  Victory

Sustainability  Vigor

**T**  Vision

Talent  Vitality

Teamwork

Temperance  Wealth

Thankful  Welcoming

Thorough  Winning

Thoughtful  Wisdom

Timeliness  Wonder

Tolerance

Toughness

Traditional

Transcendence

Tranquility

Transparency

Trust

Trustworthy

Truth

**U** **M**<sup>ore?</sup>

# V

# W

# X

# Y

# Z

## Learn more

You can learn more about how your values influence your futures plans on the Futures Alchemist website here:

<https://www.futuresalchemist.com/values-for-the-future>