

The Values List

Twenty-eight cards in six families, the same ones the Life Goals App uses. Each card absorbs its near-synonyms and says which, so you are choosing between ideas rather than adjectives. Tick anything that lands; narrowing comes on sheet 2.

Inner life 8

- ☐ **Authenticity**
Acting in alignment with what is true, honest, with integrity, walking your talk.
also covers Honesty, Truth, Integrity
- ☐ **Balance**
Holding the parts of life in healthy proportion. Internal calm and present-moment focus.
also covers Harmony, Peace, Mindfulness, Presence
- ☐ **Faith**
Trust in something larger than yourself, a felt connection to the spiritual.
also covers Spirituality
- ☐ **Gratitude**
Active awareness of the good already present in your life.
- ☐ **Humility**
Knowing you are not the measure of all things. Treating yourself and others with regard.
also covers Respect
- ☐ **Openness**
Letting in views and possibilities you did not expect. Welcoming difference.
also covers Diversity
- ☐ **Purpose**
A clear "why" behind your daily effort.
- ☐ **Simplicity**
Removing what does not need to be there. Achieving more with deliberate use of resources.
also covers Efficiency

Craft and mastery 4

- ☐ **Achievement**
Mastery and visible accomplishment, high standards held without apology.
also covers Excellence, Mastery, Competence
- ☐ **Creativity**
Bringing original work into the world. Noticing and creating things that delight the senses.
also covers Beauty, Joy
- ☐ **Discipline**
Doing the consistent work even when motivation is low. Comfort with long timelines.
also covers Patience
- ☐ **Growth**
Continual building of capability, skill, and self-understanding. Knowing how to live well.
also covers Learning, Knowledge, Wisdom

People and belonging 3

- ☐ **Connection**
Deep ties and a felt sense of home, real relationships marked by trust and presence.
also covers Belonging, Friendship, Family
- ☐ **Compassion**
Genuine care for the experience of others, empathy, kindness, default warmth.
also covers Empathy, Kindness
- ☐ **Honor**
Doing what your code requires of you, loyal, responsible, trusted by others.
also covers Loyalty, Responsibility, Stewardship, Trust

Vitality and joy 4

- ☐ **Fun**
Real enjoyment, lightness, play, laughter as a way through life.
also covers Humor
- ☐ **Health**
Investing in the body and mind that carry you, capacity in body, mind, and character.
also covers Strength
- ☐ **Resilience**
Bouncing back from setbacks intact. Default belief that effort is worth it.
also covers Optimism
- ☐ **Security**
Stable footing under your life, predictable foundations under decisions.
also covers Stability

Freedom and agency 5

- ☐ **Adventure**
Seeking new experiences, ideas, and places. Following the spark of curiosity.
also covers Discovery, Curiosity, Wonder
- ☐ **Autonomy**
Designing your time and choices on your own terms. Living without unnecessary constraint.
also covers Independence, Freedom
- ☐ **Courage**
Acting bravely when stakes are high. Doing the right thing even when it costs you.
also covers Boldness
- ☐ **Power**
Capacity to shape outcomes that matter to you. Being seen for the quality of what you do.
also covers Recognition
- ☐ **Wealth**
Resource freedom to choose your path.

Contribution and fairness 4

- ☐ **Contribution**
Leaving things better than you found them. Giving freely of time, attention, and means.
also covers Service, Generosity
- ☐ **Impact**
Doing work that makes life measurably better. Helping a group reach what it could not alone.
also covers Leadership
- ☐ **Justice**
Pursuit of fair outcomes for all. Acting and judging without favor or bias.
also covers Fairness
- ☐ **Legacy**
Building something that outlasts you.

Your five

From everything you ticked, five. Then one of those five is your North Star: the one that wins when two of your own values disagree.

The five

A value you cannot say why you hold is usually someone else's. One line each.

	Value	Why this one
1		
2		
3		
4		
5		

Your North Star

One of the five. Not the noblest, the one that actually decides.

North Star

Where it is already being ignored

Name one thing in your current week that runs against your North Star. This is the line that makes the exercise cost something.