

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.