

Identify your values

Values are your heart's deepest desires for how you want to behave as a human being. Values are not about what you want to get or achieve; they are about how you want to behave or act on an ongoing basis.

-The Happiness Trap



Values are:

Our heart's deepest desires: how we want to be, what we want to stand for, and how we want to relate to the world around us.

Leading principles that can guide us and motivate us as we move through life

Values are not goals. A value is a direction we dire to keep moving in, an ongoing process that never reaches an end.

A goal is a desired outcome that can be achieved or completed.

Deep down inside, what do you really want?

What do you want your life to be about?

What sort of relationships do you want to build?

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Live your values every step along the journey

Not a goal!

This leads to fulfillment.

Values are directions. You can go east, always going east, but you'll never achieve east.

But going in the right direction is living your value fulfilling!

When you do something in the direction of a value it becomes a behavior.

Sample Values

Values are here and now, goals are the future. Values never need to be justified. Values often need to be prioritized. Values are best held tightly. Values are freely chosen.

Accountability	Diversity	Humility	Security
Accuracy	Dynamism	Independence	Self-actualization
Achievement	Economy	Ingenuity	Self-control
Adventurousness	Effectiveness	Inner Harmony	Selflessness
Altruism	Efficiency	Inquisitiveness	Self-reliance
Ambition	Elegance	Insightfulness	Sensitivity
Assertiveness	Empathy	Intelligence	Serenity
Balance	Enjoyment	Intellectual Status	Service
Belonging	Enthusiasm	Intuition	Shrewdness
Boldness	Equality	Joy	Simplicity
Calmness	Excellence	Justice	Soundness
Carefulness	Excitement	Leadership	Speed
Challenge	Expertise	Legacy	Spontaneity
Cheerfulness	Exploration	Love	Stability
Commitment	Expressiveness	Loyalty	Strategic
Community	Fairness	Making a difference	Strength
Compassion	Faith	Mastery	Structure
Competitiveness	Fidelity	Merit	Success
Consistency	Fitness	Obedience	Support
Contentment	Fluency	Openness	Teamwork
Contribution	Focus	Order	Temperance
Control	Freedom	Originality	Thankfulness
Cooperation	Fun	Patriotism	Thoroughness
Correctness	Generosity	Perfection	Thoughtfulness
Courtesy	Goodness	Piety	Timeliness
Creativity	Grace	Positivity	Tolerance
Curiosity	Growth	Practicality	Traditionalism
Decisiveness	Happiness	Preparedness	Trustworthiness
Dependability	Hard Work	Professionalism	Truth-seeking
Determination	Health	Prudence	Understanding
Devoutness	Helping Society	Quality-orientation	Uniqueness
Diligence	Holiness	Reliability	Usefulness
Discipline	Honesty	Resourcefulness	Vision
Discretion	Honor	Restraint	Vitality