PERSONAL VALUES

"Personal values provide an internal reference for what is good, beneficial, important, beautiful, desirable, and constructive. Values are one of the factors that generate behavior (besides needs, interests, and habits) and influence the choices made by an individual" (Wikipedia definition, 2021). Values can be cultivated; they are the root of our belief systems and influence our decisions. Decisions not taken in harmony with our values can create conflict in our relationships and work.
To explore and contemplate your values, journaling is recommended.

1) **Select the three most important values to contemplate**: explore the definition, reflect emotionally on it, and how it is present in your everyday life.

2) **Select the three most important values that you want to cultivate:** explore the definition, reflect emotionally on it, and how you apply it in your everyday life.

Friendship	Beauty	Cordiality	Temperance	Frugal
Self-denial	Goodwill	Proper	Resourceful	Playful
Abundance	Happiness	Curiosity	Astute	Fame
Affection	Generosity	Tact	Education	Joyful
Help	Risk-taking	Restraint	Equality	Dexterity
Ease	Consistency	Determination	Elegance	Grace
Altruism	Compassion	Chic	Enthusiasm	Sustainable
Kindness	Chastity	Flexibility	Service	Audacity
Self-assurance	Charm	Openness	Balance	Activism
Ability	Philanthropy	Initiative	Harmony	Ecologist
Diligence	Calm	Curious	Hope	Hospitality
Assistance	Expertise	Greedy	Self-esteem	Humanist
Clever	Collaboration	Detached	Excellence	Humility
Affirmation	Ethics	Indifferent	Productivity	Humour
Authority	Politeness	Devoted	Ardour	Independence
Self-sufficiency	Courage	Enthusiasm	Viability	Intelligent
Austerity	Clemency	Dignity	Fidelity	Content
Boldness	Conform to	Diplomacy	Faith	Justice
Assertive	Respect	Discernment	Force	Free
Gentle	Conscience	Discipline	Fortune	Loyal
Rectitude	Conviviality	Discreet	Family	Renown
Energetic	Cooperation	Mindful	Honest	Forgiving
Coherent	Modesty	Non-violent	Organized	Share
Manage	Moral	Optimist	Creative	Passion
Patience	Perfection	Persistent	Perspicacity	Devotion
Pleasure	Courtesy	Punctuality	Ponderation	Popularity
Skillful	Power	Precision	Passionate	Creativity
Careful	Reserve	Awareness	Regular	Equanimity
Sensible	Success	Strictness	Wise	Health
Knowledge	Seduction	Sensitivity	Serious	Community
Simplicity	Sincerity	Solidarity	Adaptable	Spirituality
Spontaneity	Stability	Sociable	Success	Tolerance
Bravery	Truth	Virtuous	Vitality	Willpower

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