

PRACTICING VALUES*

Practicing Values: The things you actually spend your discretionary time & money to get on a daily basis

1. **Achievement:** Sense of accomplishment _____
2. **Work:** Paying my own way _____
3. **Adventure:** Exploration, risks, excitement _____
4. **Personal Freedom:** Independence, making my own choices _____
5. **Authenticity:** Being frank and genuinely myself _____
6. **Expertness:** Being good at something important to me _____
7. **Service:** Contributing to the satisfaction of others _____
8. **Leadership:** Having influence and authority _____
9. **Money:** Plenty of money for the things I want _____
10. **Spirituality:** Meaning to life, religious belief _____
11. **Physical Health:** Attractiveness and vitality _____
12. **Meaningful Work:** Relevant and purposeful job _____
13. **Emotional Health:** Ability to handle inner conflict _____
14. **Affection:** Warmth, caring, giving, and receiving love _____
15. **Pleasure:** Enjoyment, satisfaction, fun _____
16. **Wisdom:** Maturity, understanding, insight _____
17. **Family:** Happy and congenial living situation _____
18. **Recognition:** Being well known, having prestige _____
19. **Security:** Having a secure and stable future _____
20. **Self-Growth:** Continuing exploration and development _____

*Adapted from Richard J. Leider, *The Power of Purpose* (New York: Fawcett), 1992