

# Name your Values

Values help keep you on track to what you really want to be doing and where you really want to be spending your time.

Pick your top 5 values and write them on the next page.

Achievement	Advancement	Adventure
Affection	Altruism	Appearance
Approval	Authority	Autonomy
Beauty	Challenge	Charity
Community	Compassion	Creativity
Dependability	Environment	Empathy
Expertise	Fame	Family
Financial Security	Freedom	Generosity
Health (emotional)	Health (physical)	Home
Honesty	Humility	Humor
Independence	Integrity	Intelligence
Learning	Leisure	Logic
Love	Loyalty	Meaning
Openness	Patriotism	Peace
Perseverance	Personal Growth	Popularity
Power	Privacy	Recognition
Relationships	Religion	Reputation
Risk Taking	Security	Simplicity
Social Acceptance	Socializing	Solitude
Spiritual Dev.	Status	Thrift
Trustworthiness	Winning	Wisdom

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Your Top 5 Values and the definition for you	<i>If someone were to observe your life how would he/she see this value? Activities, Goals, Thoughts etc</i>	What do you need to add/delete from your life to better express this value?



# Additional Resources

## The Happier Approach Podcast

Weekly episodes released each Thursday.

[Live-Happier.com/podcast](http://Live-Happier.com/podcast) or wherever you listen to podcasts.

## Live Happier Blog

Short bite-sized posts since 2008. [Live-Happier.com/Blog](http://Live-Happier.com/Blog)

## My Books

- *Juice Squeezed: Lessons Learned from a Quest to Live Happier*
- *This Stuff Is Hard: Making Peace With Your Anxiety*
- *The Happier Approach: Be Kind to Yourself, Feel Happier, and Still Accomplish Your Goals*

## Favorite Books

- *Radical Acceptance* by Tara Brach
- *The Joy of Missing Out* by Tonya Dalton
- *The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are* by Brené Brown
- *First, We Make the Beast Beautiful: A New Journey Through Anxiety* by Sara Wilson