

# Smart Moves for Resilience

## Values List

Activism	Friendship	Patriotism
Adventure	Fun	Persistence
Ambition	Generosity	Positiveness
Animal rights	Global awareness	Power and authority
Authenticity	Global Peace	Precision
Beauty	Growth	Professionalism
Calmness	Happiness/positive attitude	Protecting the environment
Challenge	Having a say and a voice	Quality of Life
Change and Variety	Health	Recognition
Charity	Help others	Respect
Clarity	Honesty	Risk taking
Collaboration	Humour	Security
Compassion	Imagination and creativity	Self-control
Competition	Independence	Sensuality
Courage	Influencing People	Spirituality
Creativity	Inner harmony	Spontaneity
Cultural diversity	Innovation	Standing up for yourself
Curiosity	Inspiring others	Supportive friendship
Decisiveness	Integrity	Taking care of myself
Democracy	Intellectual status	Taking responsibility
Empathy	Kindness	Taking risks
Equality	Knowledge	The big picture
Experimentation	Laughter	Tolerance
Fairness and social justice	Leadership	Tranquillity
Family	Love for others	Trustworthiness
Feminism	Making a difference	Wonder and awe
Financial Security	Nature	Worker's rights
Flexibility	Open communication	Workmanship
Forgiveness	Optimism	Physical challenge
Frankness	Passion	Play
Freedom of choice	Personal growth	Pleasure
		<b>Source: Results Coaching Systems</b>

Without thinking too hard circle your top 15 Values – things that are most important to you

Now – see if you can get your values down to your top 5.