

PRACTICING VALUES*

Practicing values: the things you actually spend your discretionary time and money to get on a daily basis

1. **Achievement:** sense of accomplishment _____
2. **Word:** 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 know, 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.