



Values are deeply held, long term beliefs. They may stem from your youth, family, culture, and more. Values can also be born from needs or deprivation.

___ Acknowledgment	___ Efficiency	___ Play	___ Well-Being
___ Authenticity	___ Equality	___ Purpose	___
___ Autonomy	___ Ease	___ Power	___
___ Acceptance	___ Empathy	___ Predictability	___
___ Affection	___ Freedom	___ Peace	___
___ Appreciation	___ Friendship	___ Participation	___
___ Aesthetics	___ Fun	___ Privacy	___
___ Balance	___ Health	___ Protection	___
___ Beauty	___ Help	___ Respect	___
___ Choice	___ Hope	___ Reassurance	___
___ Comfort	___ Honesty	___ Support	___
___ Consideration	___ Harmony	___ Security	___
___ Compassion	___ Integrity	___ Safety	___
___ Clarity	___ Inclusion	___ Self-Expression	___
___ Competence	___ Inspiration	___ Structure	___
___ Celebration	___ Intimacy	___ Shared Reality	___
___ Contribution	___ Love	___ Trust	___
___ Connection	___ Meaning	___ To Be Heard	___
___ Creativity	___ Nurturance	___ To Be Seen	___
___ Dependability	___ Order	___ Understanding	___

Sources: [Center for Nonviolent Communication](#) & [Leadership That Works](#)
 This [podcast episode](#) can further support your understanding of values if needed.
 Please email suzie@suziebichovsky.com for additional support.