

## Examples of Values

How do you want to live your life? How do you choose to work, relate to others, play sports, make art, relax, or do other things that matter to you?

Values are qualities of action that make life meaningful. Here are some qualities of action that make some people's lives meaningful. Does behaving in any of these ways make your life meaningful?

Actively	Dutifully	Independently	Prudently
Adventurously	Efficiently	Industriously	Purposefully
Appreciatively	Enthusiastically	Inspiringly	Resiliently
Assertively	Excellently	Inventively	Resourcefully
Attentively	Fairly	Kindly	Respectfully
Authentically	Faithfully	Knowledgeably	Responsibly
Beautifully	Flexibly	Lovingly	Reverently
Boldly	Forgivingly	Loyally	Simply
Cautiously	Freely	Mindfully	Skillfully
Compassionately	Generously	Modestly	Spiritually
Consciously	Gracefully	Open-mindedly	Supportively
Cooperatively	Helpfully	Passionately	Sustainably
Courageously	Honestly	Patiently	Tactfully
Creatively	Hopefully	Peacefully	Thankfully
Curiously	Humbly	Playfully	Thoroughly
Deliberately	Imaginatively	Powerfully	Trustworthily
Determinedly	Inclusively	Productively	Wisely