

Values As A Catalyst & Guide To Meaning
From *Curious?* By Todd Kashdan

- Acceptance** – To be accepted as I am.
Achievement – To set goals and make important accomplishments.
Accuracy – To be accurate in my opinions and beliefs.
Attractiveness – To be physically attractive.
Authority – To be in charge and lead, command, and be responsible for others.
Autonomy – To be independent and in control of my thoughts and actions as opposed to be controlled by outside influences.
Caring – To take care of others and be kind and generous.
Challenge – To take on difficult and demanding tasks and problems.
Commitment – To make enduring and meaningful commitments.
Conformity – To respect rules, be obedient, and meet societal obligations.
Contribution – To make a lasting impact on the world.
Cooperation – To work collaboratively with others.
Courtesy – To be considerate and polite toward others.
Creativity – To have new and original ideas.
Dependability – To be honest, reliable and responsible.
Faithfulness – To be loyal and trustworthy in relationships.
Family – To create and sustain a happy, loving family.
Genuineness – To act in a manner that is true to who I am.
God's Will - To seek and obey the will of God.
Growth – To continue learning, changing and evolving.
Health – To be physically well and healthy.
Hedonism – To simply enjoy myself and satisfy my desires.
Helpfulness – To be helpful to others.
Humor – To see the humorous side of myself and the world.
Industry – To work hard and well at my life tasks.
Inner Peace – To seek out and experience tranquility and serenity.
Knowledge – To learn and contribute valuable knowledge.
Loving – To give love to others.
Mastery – To be competent in my everyday activities.
Order – To have a life that is well-ordered and organized.
Popularity – To be well-liked by many people.
Power – To gain social status and prestige.
Purpose – To have meaning and direction in my life.
Romance – To have intense, exciting love in my life.
Safety – To be safe and secure.
Security – To protect loved ones, my community and/or my nation.
Self-Control – To be disciplined in my own actions.
Self-Esteem – To feel good about myself.
Self-Sufficient – To take care of myself without being dependent on others.
Spirituality – To grow and mature spiritually by connecting to things bigger than myself.
Stability – To have a life that stays relatively consistent.

Stimulation – To actively seek out adventure and create a life filled with novelty and variety.

Tolerance – To accept other people, as well as opinions and beliefs differing from my own.

Tradition – To respect and preserve the past and maintain order through tradition and customs.

Universalism – To create a sense of harmony among different people and preventing war and conflict; to create a sense of unity with nature and protecting it.

Virtue – To live a morally pure and excellent life.

Wealth – To have plenty of money.