

Values.

Being active Humour Focus **Beauty Participation** Comradeship Authenticity Novelty Honesty Romance Zest Safety Performance Lightness Risk Security **Partnership** Recognition **Taking** Excitement Tradition Collaboration Spirituality Change **Productivity** Peace Curiosity Harmony Community Empowerment Respect Learning Service Accomplishment Elegance Personal growth **Personal** Self-Expression Growth Kindness Power Orderliness Vitality Acknowledgment Contribution Fun Integrity Joy Freedom of choice Creativity Trust Adventure Excellence Independence Fame **Fairness** Connectedness **Nurturing** Success Love Pride **Empathy** Resilience Accuracy

Source: Adapted from the from the Animas Centre for Coaching Values List