

FEELINGS LIST

This is a list of the most common personal values I have heard. Our values represent the positive emotions or feelings we wish to experience in every moments. Each one is a positive mindset and offers you an alternative to fear and negativity.

Our values also identify our highest virtues, which are our greatest strength. By identifying your values/virtues you create a road map to living your full potential. And living in alignment with your values means you align your thoughts, beliefs and actions around your values.

Questions to identify your values

Look through the list below and select the top 10 emotions/mindsets you wish to experience everyday

If you had a magic wand, and could, miraculously create your ideal self, what 10 emotions from this list would you chose to describe this best version of yourself?

Imagine feeling no fear and fill yourself with self-belief, trust and faith, what are the top 10 emotions you feel?

Reflect on when you are feeling your strongest and happiest, what 10 emotions do you feel?

Look back at yourself as a child, before any fear or self-doubt kicked in, what emotions did you feel?

Think of the goals you have set for yourself, for example, find my life partner, change careers, make new friends, become a parent, lose weight, be fitter, travel or be less stressed.

Next to each one, think of what that goal will help you achieve- how will you feel when you have reached your goal? For example, finding a partner could give you a feeling of Love, change careers may help you feel Purpose, become a parent, Fulfilled, losing weight, Healthy, being more fit, Strength/Vitality, travel, Adventure and less stressed, Calm.

Your top values, therefore would be Love, Purpose, Fulfillment, Health, Strength, Adventure and Calm- imagine living your life, experiencing those ideal emotions every day?

Please contact me if you would like to book a values alignment session and create your values blueprint.

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Ability	Fairness	Passion
Abundant	Faith	Patience
Acceptance	Flexibility	Peace
Accountability	Forgiveness	Perceptive
Adventurous	Freedom	Perseverance
Appearance	Friendliness	Persistence
Assertiveness	Fulfillment	Playfulness
Attitude	Fun	Proactive
Authenticity	Generosity	Purity
Awareness	Gentleness	Purpose
Balance	Grace	Relaxation
Beauty	Gratitude	Reliable
Belief	Growth	Resilience
Calm	Happiness	Respect
Caring	Healthy	Responsibility
Certainty	Helpful	Reverence
Cleanliness	Honesty	Safety
Clarity	Honor	Security
Commitment	Hope	Self-Discipline
Compassion	Humility	Self Worth
Confidence	Independence	Serenity
Connection	Innovative	Service
Consideration	Inspiration	Sincerity
Contentment	Intuitive	Solitude
Cooperation	Integrity	Strength
Courage	Intelligence	Spiritual
Courtesy	Joy	Temperance
Creativity	Justice	Thankful
Decisiveness	Kindness	Tolerance
Detachment	Love	Trust
Dignity	Loyalty	Truthful
Diligence	Mindfulness	Understanding
Empathy	Moderation	Unity
Endurance	Modesty	Valuable
Energised	Nurtured	Vitality
Enthusiasm	Nobility	Wholeness
Excellence	Obedience	Wisdom
Expressive	Openness	Wonder