



KAREN FREUD, BA, DTATI, RCAT, OATR, RP
Registered Psychotherapist – Registered Art Therapist
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BIG LIST OF PERSONAL VALUES

Accountability	Commitment	Fame
Achievement	Compassion	Family
Adaptability	Communication	Fidelity
Adventure	Community	Financial security
Aesthetics	Competence	Fitting in
Affection	Compliance	Flexibility
Altruism	Confidence	Forgiveness
Ambition	Connection	Freedom
Animal rights	Contentment	Free time
Appreciation	Contribution	Free will
Assertiveness	Cooperation	Friendships
Authenticity	Courage	Fun
Authority	Creativity	Future generations
Autonomy	Curiosity	
Awareness		Generosity
	Decisiveness	Gentleness
Balance	Dedication	Giving back
Beauty	Determination	Grace
Being the best	Dignity	Gratitude
Belonging	Diversity	Growth
Boldness	Docility	
Bravery	Donating	Happiness
		Hard work
Calm	Education	Harmony
Career	Efficiency	Health
Caring	Elderly	Home
Charisma	Empathy	Honesty
Charity	Enthusiasm	Hope
Children	Environment Equality	Humility
Cleverness	Ethics	Humour
Compassion	Excellence	
Challenge	Exhilaration	Imagination
Change	Experimentation	Inclusion
Choice	Extroversion	Independence
Citizenship		Initiative
Cleanliness	Fairness	Influence
Collaboration	Faith	Innovation



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Integrity
Intimacy
Introspection
Introversion
Intuition

Job security
Joy
Justice

Kindness
Knowledge

Leadership
Learning
Legacy
Leisure
Listening
Love
Loyalty

Making a difference
Maturity
Meaningful work
Modesty

Nature

Openness
Optimism
Order

Parenting
Patience
Patriotism
Peace
Perseverance
Personal fulfillment
Planning
Pleasure
Popularity
Poise

Positivity
Power
Prestige
Pride
Professionalism
Progress
Problem solving
Quality time
Quick thinking

Reciprocity
Recognition
Reliability
Religion
Restraint
Reputation
Resourcefulness
Resilience
Respect
Risk-taking
Responsibility
Romance

Safety
Science
Security
Self-care
Self-confidence
Self control
Self-development
Self-discipline
Self-esteem
Self-expression
Self-respect
Seniors
Serenity
Service
Simplicity
Sincerity
Socializing
Spirituality

Spontaneity
Sportsmanship
Stability
Status
Stewardship
Strong leadership
Social justice
Success
Support

Technology
Teamwork
Thrift
Thoughtfulness
Time
Tolerance
Tradition
Travel
Trust
Truth
Trustworthiness

Understanding
Uniqueness
Usefulness

Variety
Vision
Volunteering
Vulnerability

Warmth
Wealth
Well-being
Wholeheartedness
Willpower
Wisdom
Work
Work-life balance

Youth