

Exercise 2: Choose from the list

Below you will find a list of 100 values.

- Take a look at them and mark or note the values that are important to you.
- Consider the following questions: what ideals do I have? How do I want to live?
- Look at the values you have chosen and decide which of them are the most important to you.
- Then, make a top five of your most important values from this list.

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| 1. Attention | 44. Influence | 87. Innovation |
| 2. Status | 45. Calmness | 88. Trust |
| 3. Action | 46. Customer oriented | 89. Compliance |
| 4. Altruism | 47. Quality | 90. Kindness |
| 5. Ambition | 48. Courage | 91. Cheerfulness |
| 6. Assertiveness | 49. Liveliness | 92. Freedom |
| 7. Authenticity | 50. Love/warmth | 93. Appreciation |
| 8. Autonomy | 51. Loyalty | 94. Wellbeing |
| 9. Adventure | 52. Charity | 95. Winning |
| 10. Balance | 53. Precision | 96. Security |
| 11. Competence | 54. Independence | 97. Self-control |
| 12. Accessibility | 55. Development | 98. Usefulness |
| 13. Modesty | 56. Awe | 99. Carefulness |
| 14. Involvement | 57. Openness | 100. Caring |
| 15. Awareness | 58. Sincerity | |
| 16. Team spirit | 59. Originality | |
| 17. Comfort | 60. Abundance | |
| 18. Compassion | 61. Progress | |
| 19. Continuity | 62. Pleasure | |
| 20. Gratefulness | 63. Achievement | |
| 21. Bravery | 64. Professionalism | |
| 22. Decency | 65. Justice | |
| 23. Expertise | 66. Respect | |
| 24. Obligation | 67. Results | |
| 25. Discipline | 68. Riches | |
| 26. Clarity | 69. Fame | |
| 27. Sustainability | 70. Beauty | |
| 28. Honesty | 71. Solidarity | |
| 29. Efficiency | 72. Intelligence | |
| 30. Recognition | 73. Excitement | |
| 31. Flexibility | 74. Stability | |
| 32. Patience | 75. Success | |
| 33. Obedience | 76. Approachability | |
| 34. Happiness | 77. Dedication | |
| 35. Equality | 78. Tolerance | |
| 36. Ease | 79. Challenge | |
| 37. Affection | 80. Uniformity | |
| 38. Health | 81. Variation | |
| 39. Growth | 82. Resilience | |
| 40. Harmony | 83. Safety | |
| 41. Belonging to something | 84. Responsibility | |
| 42. Humour | 85. Improvement | |
| 43. Integrity | 86. Connection | |