

# Daniela Dietz

BERATUNG & INTEGRALES COACHING

Circle all the values that matter to you. Add anything that's missing. Narrow your selection down to your top 8 values. You might notice "value families" – in that case, choose the main value and place the related values underneath.

Adventure	Discipline	Excellence	Health
Mindfulness	Assertiveness	Fairness	Winning
Altruism	Efficiency	Family	Certainty
Recognition	Marriage	Fitness	Faith
Adaptability	Honor	Diligence	Credibility
Attractiveness	Ambition	Flexibility	Equality
Attentiveness	Honesty	Flow	Happiness
Willingness to sacrifice	Simplicity	Focus	Bliss
Perseverance	Influence	Freedom	Generosity
Expressiveness	Empathy	Openness (as in liberalness)	Harmony
Balance	Unity	Joy	Persistence
Authenticity	Solitude	Kindness	Heroism
Meaningfulness	Ecstasy	Friendship	Challenge
Unconditionality	Elegance	Peace	Heritage / origin
Willingness	Energy	Leadership	Heart
Modesty	Determination	Giving	Warmth
Prudence	Relaxation	Emotional safety	Helpfulness
Awareness	Growth	Calmness	Dedication
Relationships	Success	Money	Hope
Charisma	Recovery	Cozy comfort	Politeness
Charm	Insight	Accuracy	Humor
Gratitude	Encouragement	Enjoyment	Creativity in ideas
Humility	Seriousness	Justice	Individuality
Service	Expertise	Skill	Integrity

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Intelligence	Courage	Self-love	Responsibility
Intimacy	Sustainability	Selflessness	Connection
Intuition	Forbearance	Self-responsibility	Assets
Children	Charity	Self-confidence	Commitment
Clarity	Closeness	Sensitivity	Understanding
Ability / capability	Curiosity	Sex / intimacy	Trust
Concentration	Usability	Safety / security	Familiarity
Cooperation	Openness	Sensuality	Diversity
Body awareness	Optimism	Solidarity	Fulfillment
Creativity	Order	Excitement	Truth
Art	Passion (duplicate)	Frugality	Wisdom
Longevity	Perfection	Fun	Impartiality
Casualness	Imagination	Spirituality	Wildness
Vitality (or "zest for life")	Potency	Top position / leadership role	Dignified sexuality
Passion	Pragmatism	Spontaneity	Tenderness
Performance	Practicality	Strength	Contentment
Learning	Presence	Silence	Belonging
Love	Privacy	Affection	Confidence
Logic	Wealth	Synergy	
Loyalty	Maturity	Team spirit	
Desire	Purity	Tolerance	
Power	Religiosity / spirituality of religion	Transcendence	
Moderation	Respect	Abundance	
Material things	Beauty	Independence	
Gentleness	Depth of soul	Vacation	
Compassion	Self-control	Change	