

LIST OF VALUES

Accountability	Future generations	Power
Achievement	Generosity	Pride
Adaptability	Giving back	Recognition
Adventure	Grace	Reliability
Altruism	Gratitude	Respect
Ambition	Growth	Resourcefulness
Authenticity	Harmony	Responsibility
Balance	Health	Risk-taking
Beauty	Home	Safety
Being the best	Honesty	Security
Belonging	Hope	Self-discipline
Career	Humility	Self-expression
Caring	Humor	Self-respect
Collaboration	Inclusion	Serenity
Commitment	Independence	Service
Community	Integrity	Simplicity
Compassion	Initiative	Spirituality
Competence	Intuition	Sportsmanship
Confidence	Job security	Stewardship
Connection	Joy	Success
Contentment	Justice	Time
Contribution	Kindness	Teamwork
Cooperation	Knowledge	Thrift
Courage	Leadership	Tradition
Creativity	Learning	Travel
Dignity	Legacy	Trust
Diversity	Leisure	Truth
Environment	Love	Understanding
Efficiency	Loyalty	Uniqueness
Equality	Making a difference	Usefulness
Ethics	Openness	Vision
Excellence	Optimism	Vulnerability
Fairness	Order	Wealth
Faith	Nature	Well-being
Family	Parenting	Wholeheartedness
Financial stability	Patriotism	Wisdom
Forgiveness	Patience	
Freedom	Peace	Write your own:
Friendship	Perseverance	_____
Fun	Personal fulfillment	_____

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Developing a Stress Mindset

How we think about the things that create stress in our lives impacts our ability to cope with those stresses. Studies have indicated that for those that think about daily experiences (like juggling schedules, running errands, or household tasks) as intrusions that interfere with life tend to experience those as stressful hassles. On the other hand, those who are able to connect those same experiences to their values tend to see them as uplifting. The daily struggle to get to meetings or appointments on time could be experienced as a slog in which you are run, run, running against something out of your control (time); OR, it could be framed as an investment in things that are meaningful. For instance, working on job or internship applications is a way to move toward life goals; making time for a club meeting might reflect a deeply held value of commitment. When people reflect on their values in the midst of stressful situations, they tend to see themselves as more capable of dealing with adversity, more likely to engage in positive action, and less likely to procrastinate.

**“Life is never made unbearable by circumstances,
but only by lack of meaning and purpose.”**

--Victor Frankl

The list of values on the other side of this page is designed to get you thinking about what you value in your life. If you don't see an important value, write it down. Identify the values that are most important to you, and then pick the three that seem most important at this moment in time. Spend about 10 minutes writing about this value and how it plays out in your life. If you are facing a decision, you could write about how these values might guide your decision-making process.
