

Author Unlimited Values Exercise -- Especially for Writers and Creatives

Do THIS to Define Your Values

Go to the website for more detail: <http://authorunlimited.com/list-of-values/>

This exercise should take less than an hour, often less than half an hour.

1. Take Some Space

Find some space in your day, get out of the office if you can and take a notebook or a pack of post-it notes. I like to move but you can sit if you want.

2. Write Them Out

And then simply write out values as they come to you. Values are nouns usually but you can make them what you want. What words inspire you, which words bring you joy, make you feel light, feel true for you? There is no right or wrong to this exercise. Keep going as long as you are in the flow; your list may be long

3. And Then Reflect

Take a moment to look over the list. Circle the ones that are most meaningful to you, or move those post-its to the side. Choose between three and five -- you don't want too many or you will feel unfocused. Too few and you will feel constrained.

And that's it!

Keep them close to you and reflect on them when you are starting to write, when you are stuck, and when you want to know whether you are successful.

And that's it! Use the list of values on the next page if you need some inspiration.

List of Values -- Especially for Writers and Creatives

Abundance	Encouragement	Insightfulness	Professionalism
Accomplishment	Endurance	Inspiration	Prosperity
Achievement	Energy	Integrity	Purity
Adventure	Enlightenment	Intellect	Quietness
Aliveness	Entertainment	Intelligence	Recognition
Audacity	Evolution	Intensity	Reconciliation
Authenticity	Excellence	Intimacy	Refinement
Balance	Exhilaration	Introspection	Reflection
Beauty	Expansion	Intuition	Reputation
Belonging	Experience	Joy	Resilience
Bliss	Expertise	Justice	Resolve
Boldness	Exploration	Kindness	Respect
Bravery	Exuberance	Knowledge	Responsibility
Certainty	Fairness	Laughter	Revolution
Challenge	Faith	Leadership	Sacrifice
Change	Fame	Learning	Security
Clarity	Fascination	Legacy	Self-realization
Closeness	Fearlessness	Liberty	Self-reliance
Community	Ferocity	Lightness	Self-respect
Compassion	Financial freedom	Listening	Serenity
Confidence	Flow	Logic	Service
Congruence	Fluency	Love	Significance
Connection	Focus	Loyalty	Silence
Contentment	Forgiveness	Making a difference	Simplicity
Contribution	Freedom	Mastery	Sincerity
Conviction	Friendship	Meaning	Soul
Coolness	Fun	Mystery	Spirituality
Co-operation	Generosity	Nonconformity	Spontaneity
Courage	Giving	Openness	Stability
Creativity	Grace	Optimism	Stillness
Credibility	Gratitude	Opulence	Storytelling
Curiosity	Growth	Order	Strength
Daring	Guidance	Originality	Surrender
Decisiveness	Happiness	Outrageousness	Sympathy
Delight	Harmony	Partnership	Thoughtfulness
Depth	Healing	Passion	Tranquility
Desire	Heroism	Patience	Transcendence
Determination	Honesty	Peace	Trust
Dignity	Honour	Persistence	Truth
Discipline	Humility	Personal growth	Uniqueness
Discovery	Humour	Playfulness	Value
Dreaming	Imagination	Pleasure	Vitality
Drive	Independence	Poise	Vivacity
Dynamism	Individuality	Popularity	Wealth
Ease	Influence	Potency	Well-being
Ecstasy	Ingenuity	Power	Wisdom
Elegance	Inner harmony	Precision	Wonder
Empathy	Innovation	Presence	Worth

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