

Motion Training & Richard Klein Ovink Values List

Accomplishment	Achievement	Activity	Adaptable
Adventurous	Alignment	Ambitious	Articulate
Artistic	Athletic	Balance	Beauty
Caring	Challenge	Communication	Compassion
Compulsive	Confidence	Contribution	Courage
Creativity	Daring	Dependable	Diplomatic
Discerning	Diversity	Education	Effort
Empowerment	Encouragement	Energetic	Entertaining
Enthusiastic	Excellence	Excessive	Expertise
Exploring	Extroverted	Fair	Fairness
Faithful	Faithfulness	Fame	Family
Fearfulness	Financial Freedom	Fitness	Flexible
Forgiveness	Friends	Fulfilment	Fun
Generosity	Gentleness	Giving	Goodness
Gratitude	Growth	Happiness	Hardworking
Health	Honesty	Honour	Humanity
Humility	Imagination	Impulsive	Independence
Industrious	Inner Peace	Insightful	Integrity
Intelligence	Intimacy	Introverted	Intuition
Joy	Justice	Kindness	Knowledge
Leading	Leadership	Learning	Leisure
Life	Lifestyle	Loyalty	Morality
Movement	Open-minded	Optimistic	Order
Organisation	Others	Passion	Passionate
Patience	Peace	Peace of mind	Personal growth
Pessimistic	Pioneering	Play	Playfulness

Politics	Possessions	Potential	Power
Powerful	Practical	Productive	Quality
Relationships	Reliability	Respect	Respectful
Responsibility	Security	Selflessness	Self-reliant
Sensitivity	Service	Sincerity	Sincere
Skillful	Speaking	Spirituality	Success
Superiority	Talent	Teaching	Thankfulness
Tolerant	Travel	Trust	Trustworthy
Truth	Truthfulness	Understanding	Vision
Wealth	Worldview	Wise	Wisdom

First, read through this list once. Then, pass it back over with a highlighter or pen and mark those values that stand out for you. Now, from those you have highlighted, narrow your list down to 5 to 10 values. These are the values that are most significant to you.

My Values List:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.