

Name What You Won't Trade

Values chosen from a list can reflect who you want to be. Values you can connect to decisions you've already made are easier to trust. This page helps you choose them, test them, and use them.

STEP ONE: CIRCLE, THEN NARROW

Circle any word that creates an immediate sense of recognition. Don't rank yet. These may be principles, needs, or ways of working, so choose what matters in practice, not what sounds most admirable.

Achievement	Adventure	Autonomy	Balance	Belonging	Challenge
Community	Compassion	Competence	Contribution	Craftsmanship	Creativity
Curiosity	Directness	Excellence	Fairness	Family	Financial security
Flexibility	Freedom	Friendship	Fun	Generosity	Growth
Health	Honesty	Humility	Humor	Impact	Independence
Influence	Integrity	Justice	Kindness	Leadership	Learning
Loyalty	Mastery	Order	Peace	Practicality	Privacy
Recognition	Reliability	Respect	Responsibility	Service	Simplicity
Stability	Status	Trust	Variety	Other:	Other:

To narrow, ask: which would I notice most if it disappeared? Which has already shaped a real decision? Which am I willing to protect when it costs me something?

NARROW TO TEN

STEP TWO: PROVE THEM

If you can't find evidence of a value in your history, ask whether it's one you already live by, one you're newly choosing, or one you simply admire. Check that each of your three shows up somewhere below.

A hard decision that still feels right

Not the easy one. The one that cost you something and you'd make again.

Which of your three explains it?

A time something felt wrong afterward

Which value, need, or boundary was crossed? If none of your three fit, the real one may still be missing.

NOW THREE

1

2

3

STEP THREE: MAKE THEM USABLE

A value you can't act on is a word. Example: **Flexibility** looks like control over start and end times, and is violated by required availability outside agreed hours.

MY VALUE	LOOKS LIKE IN PRACTICE	VIOLATED BY

Now you have language for better interview questions, and a clearer reason for accepting or declining.

ONE HONEST CHECK

Where my current life and my values are out of alignment

What I can change, request, accept, or stop pretending

Values don't tell you which job to take.
They tell you which compromises you'll still resent in a year.