

VALUES AND NEEDS LIST

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Acceptance	Freedom	Nature (time in)
Affection	Friendship	Nurturance
Agency		
Appreciation	Gratitude	Optimism
Authenticity	Growth	Order
Autonomy		
Awareness	Harmony	Participation
	Hope	Peace
Basic needs for all (shelter, food)		Play
Beauty	Inclusion	Possibility
Belonging	Independence	Predictability
	Inspiration	Presence
Celebration	Integrity (walking the walk)	Purpose
Challenge	Intimacy	
Choice		Fairness
Clarity	Joy	
Closeness	Justice	Resilience
Collaboration		Respect
Connection	Honesty	Responsibility
Communication		
Community	Laughter	Safety
Compassion	Learning	Security/Stability
Competence	Love	Spirituality
Congruence (words match actions)		Support
Consideration	Mattering (to matter)	
Contribution	Meaning	Team work
Cooperation	Mindfulness (to be present)	Tenderness
Creativity	Movement (or exercise)	To be seen
	Mourning (or grief)	Touch
Dignity	Mutuality	Trust
		Truth
Ease		
Effectiveness		Understanding
Equity / Equality		
		Voice