

Life and Fatherhood Values

INSTRUCTIONS

- Your values represent what's important to you in life. Knowing your values helps you understand what drives you, what you enjoy, what inspires you, and what you'd like more of.
- By **building a life & our role as dads around our values**, fatherhood can be more **satisfying, meaningful, and easier**.
- Values change over time, and deepen as you understand yourself better - they are always moving. Your values can also be situational; what's true for you at work may not be true for you at home.
- The list below is ONLY to give you ideas. We are each unique, so there will undoubtedly be words that are missing from this list, and different words that better sum up your values. Add words that have meaning to you in the list below.

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| 1. Accomplishment | 34. Focus | 67. Presence |
| 2. Accuracy | 35. Forgiveness | 68. Productivity |
| 3. Acknowledgement | 36. Freedom | 69. Recognition |
| 4. Adventure | 37. Friendship | 70. Respect |
| 5. Authenticity | 38. Fun | 71. Resourcefulness |
| 6. Balance | 39. Generosity | 72. Romance |
| 7. Beauty | 40. Gentleness | 73. Safety |
| 8. Boldness | 41. Growth | 74. Self-Esteem |
| 9. Calm | 42. Happiness | 75. Service |
| 10. Challenge | 43. Harmony | 76. Simplicity |
| 11. Collaboration | 44. Health | 77. Spaciousness |
| 12. Commitment | 45. Helpfulness | 78. Spirituality |
| 13. Community | 46. Honesty | 79. Spontaneity |
| 14. Compassion | 47. Honour | 80. Strength |
| 15. Confidence | 48. Humour | 81. Tact |
| 16. Connectedness | 49. Idealism | 82. Thankfulness |
| 17. Contentment | 50. Independence | 83. Tolerance |
| 18. Contribution | 51. Innovation | 84. Tradition |
| 19. Cooperation | 52. Integrity | 85. Trust |
| 20. Courage | 53. Intuition | 86. Understanding |
| 21. Creativity | 54. Joy | 87. Unity |
| 22. Curiosity | 55. Kindness | 88. Vitality |
| 23. Determination | 56. Learning | 89. Wisdom |
| 24. Directness | 57. Listening | 90. _____ |
| 25. Discovery | 58. Love | 91. _____ |
| 26. Ease | 59. Loyalty | 92. _____ |
| 27. Effortlessness | 60. Optimism | 93. _____ |
| 28. Empowerment | 61. Orderliness | 94. _____ |
| 29. Enthusiasm | 62. Participation | 95. _____ |
| 30. Environment | 63. Partnership | 96. _____ |
| 31. Excellence | 64. Passion | 97. _____ |
| 32. Fairness | 65. Patience | 98. _____ |
| 33. Flexibility | 66. Peace | 99. _____ |

Remember: When it comes to our Values, there is no right or wrong - only who we are.

Every father, if he takes time to out of his busy life to understand and live by his values, can be an even better dad.