



FEEDBACK FORM

How likely are you to recommend the Personal Values Program to a friend?

1	2	3	4	5	6	7	8	9	10
Very unlikely									Very likely

Why did you give that score?

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What worked well?

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What could have been done to make the workshop better?

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Any other comments?

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DOMAINS WORKSHEET



IMPORTANCE

VALUES

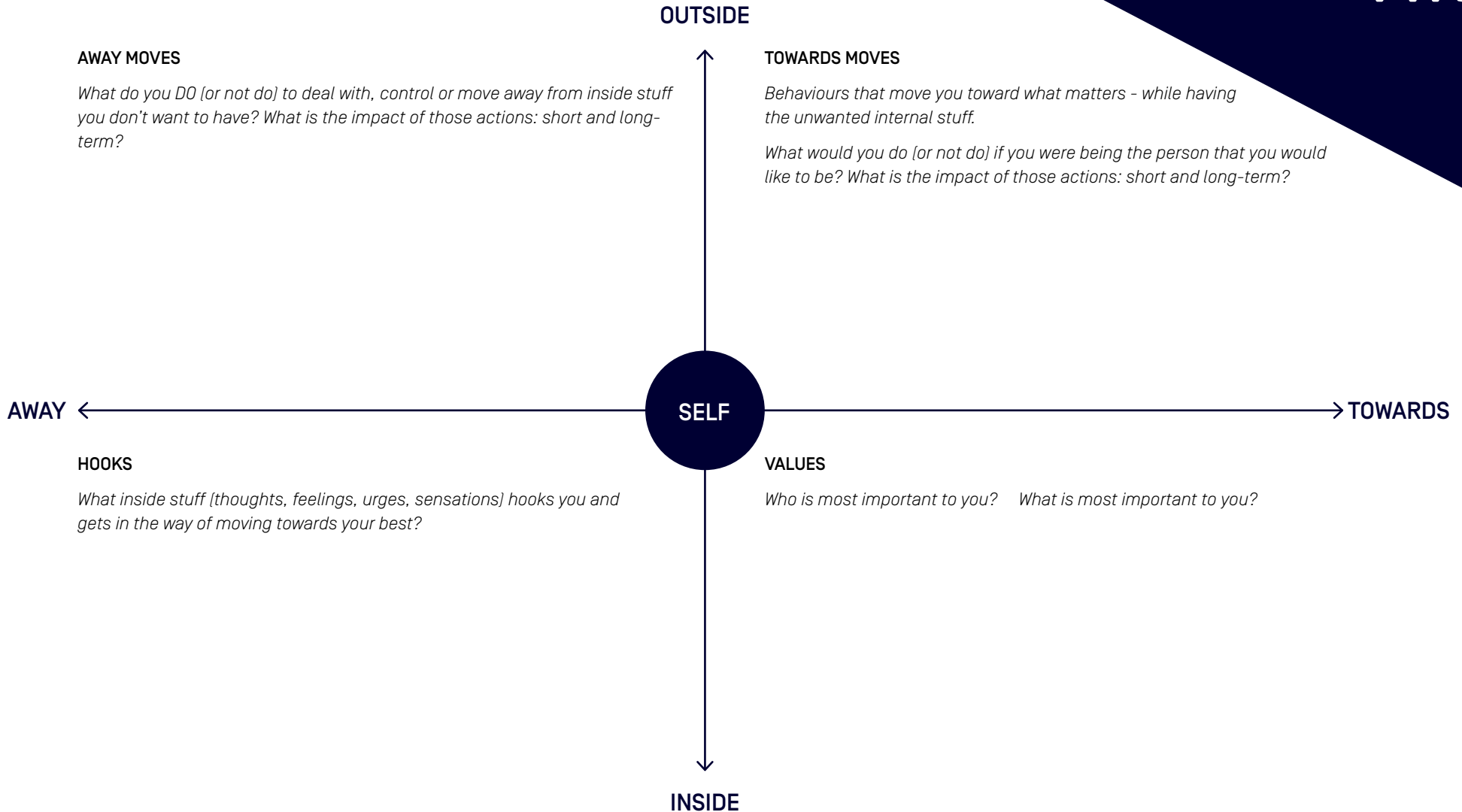
SATISFACTION

IMPORTANCE

VALUES

SATISFACTION

MATRIX





VALUES

VALUE	MY FIRST SELECTION	DISTILLATION 1	DISTILLATION 2	DISTILLATION 3
Abundance				
Acceptance				
Accessibility				
Accomplishment				
Accountability				
Accuracy				
Achievement				
Acknowledgement				
Action				
Activeness				
Adaptability				
Adoration				
Adroitness				
Advancement				
Adventure				
Affection				
Affluence				
Aggressiveness				
Agility				
Alertness				
Altruism				
Amazement				
Ambition				
Amusement				
Anti-fragility				
Anticipation				
Appreciation				
Approachability				
Approval				
Art				
Articulacy				
Artistry				

VALUE	MY FIRST SELECTION	DISTILLATION 1	DISTILLATION 2	DISTILLATION 3
Assertiveness				
Assurance				
Attentiveness				
Attractiveness				
Audacity				
Availability				
Awareness				
Awe				
Balance				
Beauty				
Being the best				
Belonging				
Benevolence				
Bliss				
Boldness				
Bravery				
Brilliance				
Buoyancy				
Calmness				
Camaraderie				
Candor				
Capability				
Care				
Carefulness				
Celebrity				
Certainty				
Challenge				
Change				
Charity				
Charm				
Chastity				
Cheerfulness				
Clarity				
Cleanliness				
Clear-mindedness				
Cleverness				
Closeness				
Comfort				
Commitment				

VALUE	MY FIRST SELECTION	DISTILLATION 1	DISTILLATION 2	DISTILLATION 3
Community				
Compassion				
Competence				
Competition				
Completion				
Composure				
Concentration				
Confidence				
Conformity				
Congruency				
Connection				
Consciousness				
Conservation				
Consistency				
Contentment				
Continuity				
Contribution				
Control				
Conviction				
Conviviality				
Coolness				
Cooperation				
Cordiality				
Correctness				
Country				
Courage				
Courtesy				
Craftiness				
Creativity				
Credibility				
Cunning				
Curiosity				
Daring				
Decisiveness				
Decorum				
Deference				
Delight				
Dependability				
Depth				

VALUE	MY FIRST SELECTION	DISTILLATION 1	DISTILLATION 2	DISTILLATION 3
Desire				
Determination				
Devotion				
Devoutness				
Dexterity				
Dignity				
Diligence				
Direction				
Directness				
Discipline				
Discovery				
Discretion				
Diversity				
Dominance				
Dreaming				
Drive				
Duty				
Dynamism				
Eagerness				
Ease				
Economy				
Ecstasy				
Education				
Effectiveness				
Efficiency				
Elation				
Elegance				
Empathy				
Encouragement				
Endurance				
Energy				
Enjoyment				
Entertainment				
Enthusiasm				
Environmentalism				
Ethics				
Euphoria				
Excellence				
Excitement				

VALUE	MY FIRST SELECTION	DISTILLATION 1	DISTILLATION 2	DISTILLATION 3
Exhilaration				
Expectancy				
Expediency				
Experience				
Expertise				
Exploration				
Expressiveness				
Extravagance				
Extroversion				
Exuberance				
Fairness				
Faith				
Fame				
Family				
Fascination				
Fashion				
Fearlessness				
Ferocity				
Fidelity				
Fierceness				
Financial independence				
Firmness				
Fitness				
Flexibility				
Flow				
Fluency				
Focus				
Fortitude				
Frankness				
Freedom				
Friendliness				
Friendship				
Frugality				
Fun				
Gallantry				
Generosity				
Gentility				
Giving				
Grace				

VALUE	MY FIRST SELECTION	DISTILLATION 1	DISTILLATION 2	DISTILLATION 3
Gratitude				
Gregariousness				
Growth				
Guidance				
Happiness				
Harmony				
Health				
Heart				
Helpfulness				
Heroism				
Holiness				
Honesty				
Honor				
Hopefulness				
Hospitality				
Humility				
Humor				
Hygiene				
Imagination				
Impact				
Impartiality				
Independence				
Individuality				
Industry				
Influence				
Ingenuity				
Inquisitiveness				
Insightfulness				
Inspiration				
Integrity				
Intellect				
Intelligence				
Intensity				
Intimacy				
Intrepidness				
Introspection				
Introversion				
Intuition				
Intuitiveness				

VALUE	MY FIRST SELECTION	DISTILLATION 1	DISTILLATION 2	DISTILLATION 3
Inventiveness				
Investing				
Involvement				
Joy				
Judiciousness				
Justice				
Keenness				
Kindness				
Knowledge				
Leadership				
Learning				
Liberation				
Liberty				
Lightness				
Liveliness				
Logic				
Longevity				
Love				
Loyalty				
Majesty				
Making a difference				
Marriage				
Mastery				
Maturity				
Meaning				
Meekness				
Mellowness				
Meticulousness				
Mindfulness				
Modesty				
Motivation				
Mysteriousness				
Nature				
Neatness				
Nerve				
Nonconformity				
Obedience				
Open-mindedness				
Openness				

VALUE	MY FIRST SELECTION	DISTILLATION 1	DISTILLATION 2	DISTILLATION 3
Optimism				
Order				
Organization				
Originality				
Outdoors				
Outlandishness				
Outrageousness				
Partnership				
Passion				
Patience				
Peace				
Perceptiveness				
Perfection				
Perkiness				
Perseverance				
Persistence				
Persuasiveness				
Philanthropy				
Piety				
Playfulness				
Pleasantness				
Pleasure				
Poise				
Polish				
Popularity				
Potency				
Power				
Practicality				
Pragmatism				
Precision				
Preparedness				
Presence				
Pride				
Privacy				
Proactivity				
Professionalism				
Prosperity				
Prudence				
Punctuality				

VALUE	MY FIRST SELECTION	DISTILLATION 1	DISTILLATION 2	DISTILLATION 3
Purity				
Rationality				
Realism				
Reason				
Reasonableness				
Recognition				
Recreation				
Refinement				
Reflection				
Relaxation				
Reliability				
Relief				
Religiousness				
Reputation				
Resilience				
Resolution				
Resolve				
Resourcefulness				
Respect				
Responsibility				
Rest				
Restraint				
Reverence				
Richness				
Rigor				
Sacredness				
Sacrifice				
Sagacity				
Saintliness				
Sanguinity				
Satisfaction				
Science				
Security				
Self-control				
Self-reliance				
Self-respect				
Selflessness				
Sensitivity				
Sensuality				

VALUE	MY FIRST SELECTION	DISTILLATION 1	DISTILLATION 2	DISTILLATION 3
Serenity				
Service				
Sexiness				
Sexuality				
Sharing				
Shrewdness				
Significance				
Silence				
Silliness				
Simplicity				
Sincerity				
Skillfulness				
Solidarity				
Solitude				
Sophistication				
Soundness				
Speed				
Spirit				
Spirituality				
Spontaneity				
Spunk				
Stability				
Status				
Stealth				
Stillness				
Strength				
Structure				
Success				
Support				
Supremacy				
Surprise				
Sympathy				
Synergy				
Teaching				
Teamwork				
Temperance				
Thankfulness				
Thoroughness				
Thoughtfulness				

VALUE	MY FIRST SELECTION	DISTILLATION 1	DISTILLATION 2	DISTILLATION 3
Thrift				
Tidiness				
Timeliness				
Traditionalism				
Tranquility				
Transcendence				
Trust				
Trustworthiness				
Truth				
Understanding				
Unflappability				
Uniqueness				
Unity				
Usefulness				
Utility				
Valor				
Variety				
Victory				
Vigor				
Virtue				
Vision				
Vitality				
Vivacity				
Volunteering				
Warmheartedness				
Warmth				
Watchfulness				
Wealth				
Willfulness				
Willingness				
Winning				
Wisdom				
Wittiness				
Wonder				
Worthiness				
Youthfulness				
Zeal				

