

Fast Values Exercise

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| ☐ Adventure | ☐ Friendships | ☐ Passion |
| ☐ Altruism | ☐ Fun | ☐ Patience |
| ☐ Ambition | ☐ Gaming | ☐ Perseverance |
| ☐ Animals | ☐ Gardening | ☐ Playfulness |
| ☐ Art | ☐ Generosity | ☐ Pleasure |
| ☐ Authenticity | ☐ Gratitude | ☐ Politics |
| ☐ Balance | ☐ Growth | ☐ Privacy |
| ☐ Beauty | ☐ Happiness | ☐ Quality |
| ☐ Bravery | ☐ Health | ☐ Reading |
| ☐ Calmness | ☐ Honesty | ☐ Relationships |
| ☐ Career | ☐ Humility | ☐ Resilience |
| ☐ Change | ☐ Humour | ☐ Resourcefulness |
| ☐ Commitment | ☐ Independence | ☐ Respect |
| ☐ Community | ☐ Innovation | ☐ Responsibility |
| ☐ Connection | ☐ Integrity | ☐ Risk-Taking |
| ☐ Contribution | ☐ Kindness | ☐ Safety |
| ☐ Cooking | ☐ Knowledge | ☐ Security |
| ☐ Creativity | ☐ Leadership | ☐ Self-Compassion |
| ☐ Culture | ☐ Learning | ☐ Self-Expression |
| ☐ Curiosity | ☐ Leisure | ☐ Self-Respect |
| ☐ Empathy | ☐ Love | ☐ Spirituality |
| ☐ Entertainment | ☐ Loyalty | ☐ Sport |
| ☐ Environment | ☐ Mercy | ☐ Stability |
| ☐ Equality | ☐ Mindfulness | ☐ Thoughtfulness |
| ☐ Ethics | ☐ Minimalism | ☐ Travel |
| ☐ Excellence | ☐ Music | ☐ Trust |
| ☐ Exercise | ☐ Nature | ☐ Truth |
| ☐ Fairness | ☐ Open-Mindedness | ☐ Vulnerability |
| ☐ Faith | ☐ Optimism | ☐ Wealth |
| ☐ Family | ☐ Order | ☐ Wisdom |
| ☐ Financial Stability | ☐ Parenting | ☐ Writing |