

Values, Joys, Strengths, Needs, Stresses of Thousands

Responses from all genders, cultures, and ethnicities when asked to share.

VALUES

That which: gives meaning and purpose to life; allows us to be recognized and esteemed by others.

Blue	Green	Orange	Gold
Honesty	Intellectual Achievement	Freedom	Loyalty
Friendship	Logic	Adventure	Dependability
Sensitivity	Knowledge	Fun/Play	Responsibility
Harmony	Competency	Spontaneity	Perfectionism

JOYS

Experiences and activities that provide fulfillment and contribute to self-esteem.

Blue	Green	Orange	Gold
Romance	High Achievement	People	Time for Family
Family	Idea Recognition	Fun	Job Satisfaction
Friendship	Personal Achievement	Adventure	Reaching Closure
Music	Investigation	Performance	Sense of Family

STRENGTHS

Knowing, valuing, and using bring success and positive self-esteem.

Blue	Green	Orange	Gold
Communication	Confidence	Independence	Organization
Creativity	Analysis/Analytical	Flexibility	Commitment
Nurturing	Problem Solving	Taking Action	Consistency
Listening	Determination	Optimism	Responsibility

NEEDS

Essential for my total well-being and success

Blue	Green	Orange	Gold
Compassion	Challenge	Freedom	Stability
People	To Understand	Variety	Organization
Understanding	Autonomy	Money	Appreciation
Affection	Accuracy & Facts	Expression	Time

STRESSES/FRUSTRATIONS

My capacity for success is significantly diminished by:

Blue	Green	Orange	Gold
Disharmony	Rules	Being on Time	Lack of Control
Uncaring	Unfairness	Needless Routines	Change
Time Limits	Incompetency	Waiting	Disloyalty
Insincerity	Confusion	Lack of Money	Ambiguous Tasks
Being Ignored	Unclear Goals	Lack of Decisions	Haphazard Attitude

The key to positive and supportive relationships is understanding and appreciating differences. Holding positive perceptions of others contributes to my success and their success.