

## Experiential: Fab Five Values



Take a moment to review the list of values. Go through each of the values and every time a value resonates with you, mark it with the letter T for “toolbox”. Once you have gone through the list, go back and look at all the values you placed a T next to. Spend some time reflecting on what each values means to you. Next, think about a goal you are working toward in your life at the moment, this could be an immediate goal such as doing a particular task within the next few days, or a broader goal such as welcoming a romantic relationship in your life. Go through your toolbox values once again and choose the fab five you believe will bring you closer to achieving the goal. If you have access to the digits on your hand, bring somatic awareness to these values by assigning each value to a digit of your hand, then name each value as you bring your fingers into a fist. You now have your fab five power. They are there for you whenever you need them. I also suggest writing these values and putting them on your fridge, your mirror, on your phone, or wherever you believe you will see them on a regular basis. If it feels right, share your fab five with a partner, family member, friend, or therapist.

### Values

Acceptance	Challenge	Dignity
Achievement	Cleanliness	Diligence
Adventure	Compassion	Directness
Appreciation	Commitment	Discipline
Approachability	Community	Discovery
Artfulness	Competency	Dreaming
Assertiveness	Consciousness	Drive
Assurance	Connection	Duty
Attractiveness	Confidence	Education
Authenticity	Conformity	Efficiency
Authority	Containment	Embodiment
Availability	Contribution	Encouragement
Autonomy	Control	Equality
Balance	Cooperation	Eroticism
Beauty	Courage	Excitement
Boldness	Creativity	Fairness
Caring	Curiosity	Fame

Family of origin	Liberation	Security
Family of creation	Logic	Self-awareness
Flexibility	Love	Self-care
Flow	Loyalty	Self-control
Fluidity	Lust	Sensuality
Focus	Mastery	Service
Frankness	Mindfulness	Sexuality
Freedom	Modesty	Solitude
Friendliness	Moderation	Spirituality
Frugality	Monogamy	Skillfulness
Forgiveness	Optimism	Stability
Fun	Order	Social justice
Generosity	Originality	Solidarity
Grace	Open-mindedness	Status
Gratitude	Patience	Success
Growth	Peace	Supportiveness
Happiness	Perfection	Sympathy
Harmony	Persistence	Synergy
Health	Pleasure	Thoroughness
Honesty	Popularity	Tranquility
Honor	Power	Transcendence
Hospitality	Practicality	Trust
Humor	Pragmatism	Truth
Humility	Preparedness	Understanding
Imagination	Professionalism	Uniqueness
Impact	Prosperity	Unity
Industry	Purity	Usefulness
Independence	Reciprocity	Valor
Intelligence	Recognition	Variety
Intimacy	Recreation	Virtue
Intuition	Relaxation	Vision
Joy	Resilience	Vitality
Justice	Respect	Vivacity
Kindness	Responsibility	Vulnerability
Knowledge	Restraint	Warmth
Leadership	Romance	Wealth
Learning	Safety	Wellness

Willingness

Wisdom

Wonder

Worth

Zeal

Zest