

Experiential: Fab Five Values



Take a moment to review the full list of values provided. As you read through each one, notice when a value feels meaningful, important, or “true” for you. When a value resonates, mark it with a **T** (for your **Toolbox** value) or highlight it. If you think of a value that is not listed, please add it.

Once you have gone through the list, look back at all the values you marked. These are your **Toolbox Values**. From this group, choose your **Fab 5 Foundational Values** the five values that feel most central to who you are at your core. These represent your inner compass and guide how you want to show up in your life.

Next, think about a goal you are currently working on. This could be a short-term goal (something you want to complete in the next few days or weeks) or a long-term goal (such as building deeper relationships, improving emotional regulation, or changing a habit). From your list of Toolbox Values, choose the **Fab 5 Focus Values** the five values that will best support and motivate you toward this goal right now.

If it feels supportive, bring somatic awareness to these values. Using one hand, assign each of your **Fab 5 Focus Values** to a finger. Slowly close your hand into a fist, naming each value as you do. This is your **Fab 5 Power** and you can call on it during moments of stress, decision-making, or self-reflection.

You may also want to write your **Fab 5 Foundational** and **Fab 5 Focus Values** on a card, place them on your mirror or fridge, or add them to the notes section of your phone so you can see and use them regularly.

Values List:

- Acceptance
- Accountability
- Achievement
- Activism
- Adaptability
- Adventure
- Affection
- Altruism
- Ambition
- Appreciation
- Approachability
- Artfulness
- Assertiveness
- Assurance
- Attentiveness
- Attractiveness
- Attunement
- Authenticity
- Authority
- Autonomy
- Availability
- Awareness
- Balance
- Beauty
- Belonging
- Boldness
- Bravery
- Calm
- Care
- Carefulness
- Caring
- Celebration
- Centeredness
- Challenge
- Charity
- Cheerfulness
- Civility
- Clarity
- Cleanliness
- Collaboration
- Comfort
- Commitment
- Communication
- Community
- Compassion
- Competency
- Confidence
- Conformity
- Connection
- Consciousness
- Consistency
- Constancy
- Containment
- Contentment
- Contribution
- Control
- Cooperation
- Courage
- Creativity
- Cultural Awareness
- Curiosity
- Decisiveness
- Dedication
- Delight
- Dependability
- Determination
- Devotion
- Diet
- Dignity
- Diligence
- Directness
- Discernment
- Discipline
- Discovery
- Diversity
- Dreaming
- Drive
- Duty
- Education
- Effectiveness
- Efficiency
- Embodiment
- Empathy
- Empowerment
- Encouragement
- Endurance
- Energy
- Enjoyment
- Equality
- Equity
- Eroticism
- Ethical Living
- Ethics
- Excellence
- Excitement
- Expression
- Expressiveness
- Fairness
- Faith
- Faithfulness
- Fame
- Family
- Family of creation
- Family of origin
- Fidelity
- Fiscal responsibility
- Flexibility
- Flow
- Fluidity
- Focus
- Forgiveness
- Fortitude
- Frankness
- Freedom
- Friendliness
- Friendship
- Frugality
- Fulfillment
- Fun
- Generosity

- Gentleness
- Giving
- Grace
- Gratitude
- Growth
- Guidance
- Happiness
- Hard Work
- Harmony
- Healing
- Health
- Helpfulness
- Helping
- Holistic Living
- Honesty
- Honor
- Hope
- Hospitality
- Humility
- Humor
- Imagination
- Impact
- Improvement
- Inclusivity
- Independence
- Industry
- Influence
- Inner Peace
- Innovation
- Insight
- Inspiration
- Integrity
- Intelligence
- Intensity
- Intimacy
- Intuition
- Joy
- Justice
- Kindness
- Knowledge
- Leadership
- Learning
- Legacy
- Liberation
- Liberty
- Listening
- Logic
- Love
- Loyalty
- Lust
- Mastery
- Meaning
- Mindfulness
- Moderation
- Modesty
- Monogamy
- Motivation
- Nonviolence
- Nurturing
- Open relationship
- Open-mindedness
- Openness
- Optimism
- Order
- Organization
- Originality
- Passion
- Patience
- Peace
- Perfection
- Perseverance
- Persistence
- Perspective
- Play
- Pleasure
- Poise
- Polyamory
- Popularity
- Positive Thinking
- Power
- Practicality
- Pragmatism
- Preparedness
- Presence
- Privacy
- Professionalism
- Progress
- Prosperity
- Protection
- Protest
- Purity
- Purpose
- Quality
- Reciprocity
- Recognition
- Recovery
- Recreation
- Reflection
- Relationships
- Relaxation
- Reliability
- Religion
- Resilience
- Respect
- Responsibility
- Rest
- Restraint
- Romance
- Safety
- Security
- Self-Acceptance
- Self-awareness
- Self-care
- Self-Care
- Self-Compassion
- Self-control
- Self-Control
- Self-Discovery
- Self-Expression
- Self-Knowledge
- Self-Love
- Sensitivity
- Sensuality
- Service
- Sexuality
- Sharing

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| • Simplicity | • Sympathy | • Virtue |
| • Sincerity | • Synergy | • Vision |
| • Skillfulness | • Teaching | • Vitality |
| • Sobriety | • Teamwork | • Vivacity |
| • Social justice | • Temperance | • Vulnerability |
| • Solidarity | • Thankfulness | • Warmth |
| • Solitude | • Thoroughness | • Wealth |
| • Spirituality | • Tranquility | • Welcoming |
| • Spontaneity | • Transcendence | • Well-being |
| • Stability | • Trust | • Wellness |
| • Status | • Truth | • Willingness |
| • Strength | • Understanding | • Wisdom |
| • Structure | • Uniqueness | • Wonder |
| • Success | • Unity | • Worth |
| • Support | • Usefulness | • Worthiness |
| • Supportiveness | • Valor | • Zeal |
| • Sustainability | • Variety | • Zest |

Fab 5 Foundational Values

Fab 5 Focus Values