

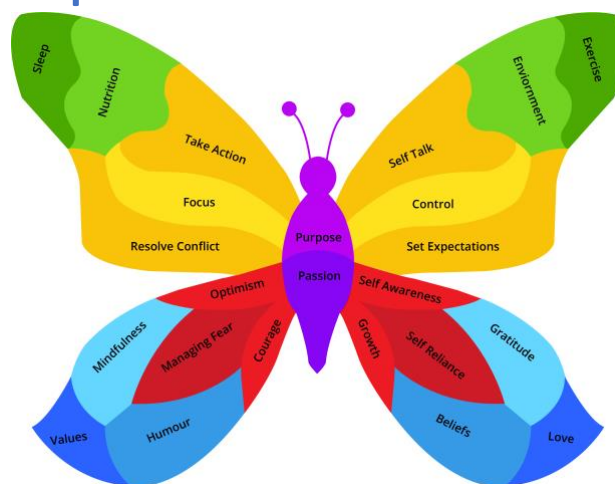


**Emotional
Intelligence**
By Transilient Coaching

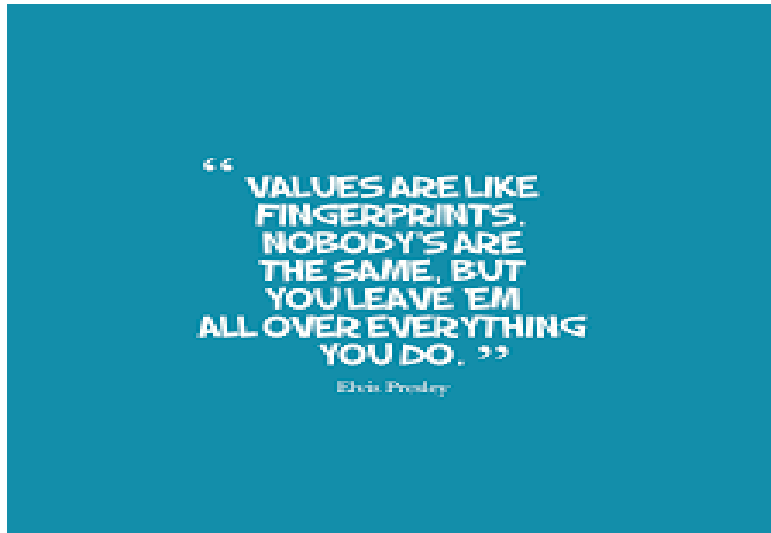
Building a Resilient Mindset One Day at a Time



Module Four Spiritual Resilience



Expressing Values Workbook



The Minessence Values Framework comprises 128 values. This page provides links to details about each value <https://www.mvf-knowledge-base.com/p/128-values.html>

- It's descriptor
- Consciousness raising questions
- Resources in relation to the value [videos, examples of living it, etc.]

Click on the value for related details...

- | | | |
|--|---------------------------|--|
| 1. Accountability/Ethics | 44. Equity/Rights | 92. Status/Image |
| 2. Achievement | 45. Self-Assessment | 93. Productivity |
| 3. Adaptability/Flexibility | 46. Expressiveness/Joy | 94. Property/Control |
| 4. Administration/Control | 47. Faith/Risk/Vision | 95. Prophetic Vision |
| 5. Affection | 48. Family/Belonging | 96. Relaxation/Renewal |
| 6. Art/Beauty | 49. Fantasy/Play | 97. Research/Original Knowledge |
| 7. Self-Assertion | 50. Food/Warmth/Shelter | 98. Responsibility |
| 8. Being Liked | 51. Friendship | 99. Rights/Respect |
| 9. Being Self | 52. Physical Function | 100. Ritual Communication |
| 10. Care/Nurture | 53. Generosity | 101. Accountability/Rule |
| 11. Collaboration | 54. Organisational Growth | 102. Safety/Survival |
| 12. Communication/
Information | 55. Health/Wellbeing | 103. Search/Meaning/ |
| 13. Collaborative Individualist
Individualist | 56. Hierarchy/Protocol | 104. Security |
| 14. Community Support | 57. Honour | 105. Sexuality |
| 15. (Self) Competence/
Confidence | 58. Human Dignity | 106. Service/Vocation |
| 16. Competition | 59. Human Rights | 107. Sharing/Listening/Trust |
| 17. Congruence | 60. Independence | 108. Simplicity/Play |
| | 61. Integration/Wholeness | 109. Social Affirmation |
| | 62. Interdependence | |
| | 63. Self Interest/Control | |

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|-----------------------------------|----------------------------------|-----------------------------------|
| 18. Construction/New Organisation | 64. Intimacy | 110. Peer Support |
| 19. Meditation/Contemplation | 65. Oneness | 111. Synergy |
| 20. Control/Order/Discipline | 66. Just Global Distribution | 112. Technology/Science |
| 21. Convivial Technology | 67. Social Justice | 113. Territory/Security |
| 22. Cooperation/Reciprocity | 68. Discovery & Insight | 114. Tradition |
| 23. Leadership/New-Organisation | 69. Law/Guide | 115. Global Equality |
| 24. Hospitality/Courtesy | 70. Law/Rule | 116. Wisdom |
| 25. Creativity | 71. Skilful Leisure | Integrated Insight |
| 26. Rationality | 72. Self-Actualisation | 117. Unity/Diversity |
| 27. Decision/Initiation | 73. Limitation/Acceptance | 118. Unity/Standardization |
| 28. Design/Pattern/Order | 74. Limitation/Celebration | 119. Wonder/Awe/Fate |
| 29. Detachment | 75. Loyalty | 120. Wonder/Curiosity/Nature |
| 30. Transcendence | 76. Global Macroeconomics | 121. Transformative/Communication |
| 31. Dexterity/Coordination | 77. Management | 122. Work |
| 32. Communal Discernment | 78. Membership/Organisation | 123. Workmanship/Quality |
| 33. Duty | 79. Minessence | 124. Faith/Creed/Worship |
| 34. Financial Security | 80. Organisational Mission | 125. Self-Worth |
| 35. Financial Success | 81. Mutual Accountability | 126. Environmental Responsibility |
| 36. Deep Ecology | 82. Obedience | 127. Animal Rights |
| 37. Education/Certification | 83. Mutual Compliance | 128. Biodiversity |
| 38. Education/Knowledge | 84. Ownership/Authority | |
| 39. Efficiency/Planning | 85. Patriotism | |
| 40. Empathy | 86. Personal Authority/Integrity | |
| 41. Endurance/Patience | 87. Sensory Pleasure | |
| 42. Equality/Self-Determination | 88. Pioneerism/Progress | |
| 43. Social Equilibrium | 89. Organised Play | |
| | 90. Presence/Being | |
| | 91. Self-Preservation | |

Spend some time looking at this list of values. Write down the ones that resonate with you. Click on the value if you want more description and it will bring you to the website.

Then pick 20 of these values. Write them down here.

Now reduce this list to the top 10 most important values to you. This takes a bit of thought, because now you have to choose and prioritise.

Now put these in order of importance to you, 1 being uncompromisable and 10 being less important, but still very important in your life.

Consider how you act out these values in every day life, especially the values 1-5. How can you ensure you are aligned better?
