

Aspirational Values List

Accomplishment	Communication	Fulfilment	Joy	Safety
Acknowledgement	Community	Gratefulness	Love	Significance
Adventure	Comradeship	Happiness	Making decisions	Security
Artistry	Connectedness	Health	Meeting challenges	Self- determination
Authenticity	Control	Helpful	Money	Self expression
Authority	Creativity	Honesty	Order	Service
Beauty/Aesthetics	Curiosity	Humour	Passion	Solitude
Being admired	Dependability	Knowledge	Participation	Spirituality
Being alone	Discovery	Independence	Peace	Stability
Being different	Energy	Interdependence	Personal-develop.	Status
Being loved	Excellence	Influencing	Physical fitness	Success
Being valued	Family	Integrity	Playfulness	Support
Being with others	Fair play	Intellectual-stimulation	Power	Time
Belonging	Freedom	Inspiration	Profit	Tranquility
Change & variety	Friendship	Interaction	Recognition	Variety
Collaboration	Fun/Enjoyment	Intimacy	Respect	Wisdom
				Zest

Based on the work of Dr. Tomothy Sharp, Happiness – strategies for a great life.

David Young - Biography

Former management consultant and investment banker, David Young stepped off the corporate ladder to pursue a less conventional life path. He focussed instead on the three things that were truly important to him: his family, his health and his happiness. That decision started him on a personal journey of love, self awareness and adventure that has spanned two decades, four countries and two wonderful children... so far.

Now David is drawing on his experience and unique personal insight to help others through transformational Life-Coaching and Executive Mentoring on such matters as work-life balance, financial goal achievement, emotional intelligence, relationship resilience and how to live a more fulfilling, more enjoyable, value-driven life.



For more information, visit YESlife.com.au or contact David at david.young@yeslife.com.au