

## Verbal Clues For Identifying Spranger Guiding Values

### Harmony Verbal Clues

All clues are statements real people made in conversations, magazines, books, Internet posts, movies, television shows, radio shows, etc. Some statements are edited to make them more concise and/or more understandable as clues. Different versions of the same clue reveal the variety of ways different Harmony people can express the same clue.



"I live for a good scrounge in someone else's garbage."

"My happy place for creating or writing is lying on the floor."

"I love horror movies."

"I love the whole process of making tea and or coffee. It soothes me for some odd reason."

"I listen to music all day."

"As soon as I dive in, I feel this connection with the water."

"I believe people are inherently magical and good."

"I'm most at peace in the mountains."

"I like feeling melancholy."

"I get my high from extreme sports."

"I have a moment of bliss every time I look into my dogs' eyes and see that unconditional love."

"Whenever I'm feeling down, drawing and painting are my favorite ways to lift my spirits."

"What makes me happy is capturing that unexpected perfect nature photograph."

"Every Grateful Dead concert is a religious experience."

"Baking makes me happy!"

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"I studied different religions, went to retreats, meditated, started doing yoga and delved deeper into myself."

"Whenever I have a problem that needs sorting out, I walk on the beach or on the path by our house."

"Creating a delicious dish from scratch distracts me from all my worries."

"When I give dinner parties, I'm a theme freak!"

"I'm addicted to doing Pilates."

"I'm addicted to going on long runs on the open road with no music."

"Gardening makes me happy."

"A successful life means self-reflection and knowing and loving yourself."

"With food, I have no willpower."

"My closet is my happy place."

"Golf is my drug of choice."

"My musicmaking encases me in a translucent dome."

"I never dreamt that with my own two hands I could touch the sky."

"Getting high makes me feel like the person I want to be."

"I get obsessively committed to certain jeans, boots, and people."

"I write poetry."

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"Riding a horse is the only time I am fully able to shut my brain down."

"Every year, I give myself an extreme challenge."

"If something bad happens to me when I'm wearing a certain outfit, I have to give it away."

"My garden is my happy place."

"The hard physical labor is what I like about this job."

"I love games – board, card and mind."

"I go to my garden when I need a quiet place to reflect."

"When traveling, I spend most of my time in art galleries."

"My lucky number is 13, but I also consider 31 to be lucky because it's 13 backwards."

"When you're getting laughs, there's an incredible amount of energy created. You soar into some strange and wondrous nether zone of total freedom."

"Happiness is a hot day at the beach watching everyone smile, laugh, and have a great time under the summer sun."

"Going into the great outdoors centers me."

"My grandfather built a summer cottage that is now paradise to me."

"Music is my mistress."

"I'm in a constant state of longing for the wilderness."

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"Writing songs and being in sweatpants makes me feel the happiest."

"I always make a wish when it's 1:11, 2:22, and so on."

"I'm humbled by mountains and the reminder that we are part of something greater."

"If I'm ever in a bad mood, I'll put on a cooking show and go into a Zen state."

"I'm addicted to the reality show *Teahouse Masters*."

"I get obsessively committed to certain jeans, boots and people."

"I love to watch home improvement shows."

"I find solace in my car."

"I am obsessed with Marsell shoes."

"I feel most alive when I'm in nature and moving, as in running and swimming."

"I find inspiration in simple moments, such as sitting on my deck in silence."

"Playing with dogs is relaxing. It gives me energy to get back to work."

"I'm a sucker for a good sunset."

"I love fresh air and long walks."

"I go fishing every chance I get."

"I really enjoy breaking down boxes for recycling. It's so therapeutic."

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"Practicing yoga under a blue sky with birds singing in the trees is the most peaceful, serene way to start my day."

"I have at least 75 hats. A hat makes every outfit more whimsical and put-together."

"I live in a grateful way."

"I change the colors on my cars once a month."

"I'm obsessed with doing laundry."

"I ride my bike every morning to the gym and work out. It's an addiction."

"My biggest guilty pleasure is lying in bed on a Saturday morning watching American Ninja Warrior."

"My whole life is just dedicated to being one of the craziest human beings to ever exist."

"I can't be a real junkie anymore, so I'm an adrenaline junkie."