

HOW TO DEFINE AND ALIGN WITH YOUR CORE VALUES

Explore: write down any values that strike you as important

01

Refine: eliminate any that feel less important or redundant as you look at your list

02

Define: pull the 10-15 most important values from your list

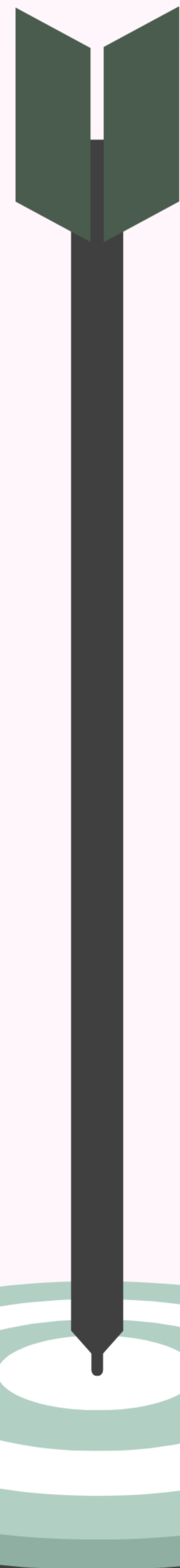
03

Rank: sort your list numerically from the most important to least important

04

Revisit: Keep your list in eyesight or a frequently seen place; reassess/rearrange your list as needed

05

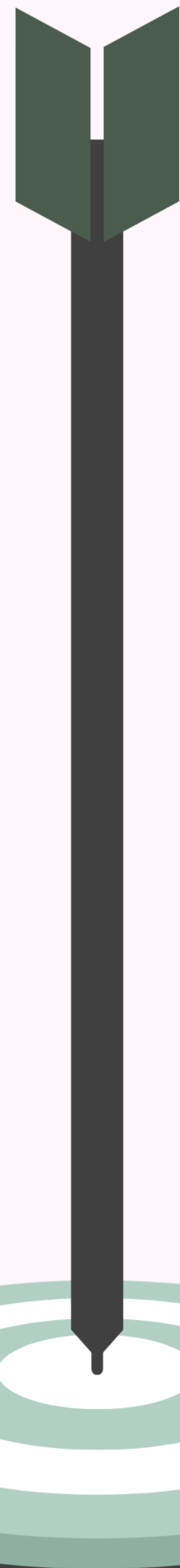


ABUNDANCE
ACCEPTANCE
ACCOUNTABILITY
ACCURACY
ACHIEVEMENT
ADAPTABILITY
ADVENTURE
AFFECTION
AFFLUENCE
ALTRUISM
AMBITION
AMUSEMENT
ART
ASSERTIVENESS
ATTENTION
AUTHORITY
AUTHENTICITY
AWARENESS
BALANCE
BEAUTY
BEING OF SERVICE
BEING THE BEST
BELONGING
BOLDNESS
BRAVERY
BRILLIANCE
CALM
CANDOR
CAPABILITY
CAREER
CAREFULNESS
CARING
CERTAINTY
CHALLENGE
CHARITY
CHEERFULNESS
CLARITY
CLEANLINESS
CLEVERNESS
COLLABORATION
COMFORT
COMMITMENT
COMMON SENSE

COMMUNICATION
COMMUNITY
COMPASSION
COMPETENCE
COMPETITION
CONCENTRATION
CONFIDENCE
CONNECTION
CONSCIOUSNESS
CONSISTENCY
CONTENTMENT
CONTRIBUTION
CONTROL
COOPERATION
CORRECTNESS
COURAGE
COURTESY
CREATIVITY
CREDIBILITY
CURIOSITY
DECISIVENESS
DEDICATION
DEMOCRACY
DEPENDABILITY
DETERMINATION
DEVELOPMENT
DEVOTION
DIGNITY
DILIGENCE
DISCIPLINE
DISCOVERY
DIVERSITY
DRIVE
EFFECTIVENESS
EFFICIENCY
EMPATHY
EMPOWERMENT
ENDURANCE
ENERGY
ENJOYMENT
ENTHUSIASM
ENVIRONMENT
EQUALITY

ETHICS
EXCELLENCE
EXCITEMENT
EXPERIENCE
EXPLORATION
EXPRESSION
FAIRNESS
FAITH
FAME
FAMILY
FEARLESSNESS
FEELINGS
FEROCITY
FIDELITY
FINANCIAL STABILITY
FITNESS
FOCUS
FORESIGHT
FORGIVENESS
FORTITUDE
FREEDOM
FRIENDSHIP
FRUGALITY
FUN
FUTURE GENERATIONS
GENEROSITY
GENIUS
GIVING BACK
GRACE
GRATITUDE
GREATNESS
GROWTH
HAPPINESS
HARD WORK
HARMONY
HEALTH
HOME
HONESTY
HONOR
HOPE
HUMILITY
HUMOR
IMAGINATION

IMPROVEMENT
INCLUSION
INDEPENDENCE
INDIVIDUALITY
INFLUENCE
INITIATIVE
INNOVATION
INQUISITIVENESS
INSIGHT
INSPIRATION
INTEGRITY
INTELLIGENCE
INTUITION
JOB SECURITY
JOY
JUSTICE
KINDNESS
KNOWLEDGE
LAWFULNESS
LEADERSHIP
LEARNING
LEGACY
LEISURE
LIBERTY
LOVE
LOYALTY
MAKING A DIFFERENCE
MASTERY
MATURITY
MEANING
MODERATION
MOTIVATION
NATURE
OPENNESS
OPTIMISM
ORDER
ORGANIZATION
ORIGINALITY
PARENTING
PASSION
PATIENCE
PATRIOTISM
PEACE



PERFECTION
PERFORMANCE
PERSEVERANCE
PERSONAL FULFILLMENT
PLAYFULNESS
POISE
POPULARITY
POTENTIAL
POWER
PRESENT
PRIDE
PRODUCTIVITY
PROFESSIONALISM
PROSPERITY
PURPOSE
QUALITY
REALISM
REASON
RECOGNITION
REFLECTION
RECREATION
RELATIONSHIPS
RELIABILITY
RELIGION
RESOURCEFULNESS
RESPECT
RESPONSIBILITY

RESTRAINT
RESULTS
REVERENCE
RIGOR
RISK-TAKING
SAFETY
SATISFACTION
SECURITY
SELF-DISCIPLINE
SELF-EXPRESSION
SELF-RELIANCE
SELF-RESPECT
SELFLESSNESS
SENSITIVITY
SERENITY
SERVICE
SHARING
SIGNIFICANCE
SILENCE
SIMPLICITY
SINCERITY
SKILL
SOBRIETY
SOLITUDE
SPIRITUALITY
SPONTANEITY
STABILITY
STATUS
STEWARDSHIP
STRENGTH
STRUCTURE
SUCCESS
SUPPORT
SURPRISE
SUSTAINABILITY
TALENT

TEAMWORK
TEMPERANCE
THANKFULNESS
THRIFT
THOROUGHNESS
THOUGHTFULNESS
TIME
TIMELINESS
TOLERANCE
TOUGHNESS
TRADITION
TRANQUILITY
TRANSPARENCY
TRAVEL
TRUST
TRUTH
UNDERSTANDING
UNIQUENESS
USEFULNESS
UNITY
VALOR
VERSATILITY
VICTORY
VIGOR
VISION
VITALITY
VULNERABILITY
WARMTH
WEALTH
WELCOMING
WELL-BEING
WHOLEHEARTEDNESS
WINNING
WISDOM
WONDER