**Values Exercise**

I suggest starting by highlighting values that are important to you – then try to rank a top ten.

A clear understanding of your personal values is a good starting point for informed career decision-making!

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| Acceptance | Challenge | Diligence | Good-nature | Moderation | Respect |
| Accomplishment | Charisma | Discipline | Goodness | Modesty | Responsibility |
| Accountability | Charity | Discovery | Grace | Motivation | Restraint |
| Accuracy | Charm | Diversity | Gratitude | Neatness | Rigor |
| Achievement | Cheerfulness | Drive | Greatness | Neutrality | Risk |
| Adaptability | Citizenship | Dutifulness | Growth | Newness | Romance |
| Adventurousness | Clarity | Easygoingness | Happiness | Niceness | Satisfaction |
| Agreeableness | Cleanliness | Education | Hard work | Objectivity | Security |
| Alertness | Comfort | Effectiveness | Harmony | Open-minded | Self-awareness |
| Altruism | Commitment | Efficiency | Health | Openness | Self-improvement |
| Ambition | Common sense | Elegance | Helpfulness | Optimism | Self-reliance |
| Amusement | Communication | Emotional awareness | Honesty | Order | Self-respect |
| Appreciativeness | Community | Empathy | Honor | Organization | Self-sufficiency |
| Art | Compassion | Empowerment | Hope | Originality | Selflessness |
| Assertiveness | Competence | Endurance | Humility | Passion | Sensitivity |
| Athleticism | Complexity | Energy | Humor | Patience | Serenity |
| Attentiveness | Confidence | Enjoyment | Idealism | Patriotism | Service |
| Authenticity | Connection | Enthusiasm | Imagination | Peace | Simplicity |
| Awe | Conscientiousness | Equality | Incisiveness | Peacefulness | Sociability |
| Balance | Conservativeness | Ethics | Independence | Performance | Social connection |
| Beauty | Consideration | Excellence | Individualism | Perseverance | Sophistication |
| Being admirable | Consistency | Excitement | Individuality | Persistence | Speed |
| Being dynamic | Constructiveness | Experimenting | Influence | Playfulness | Spirituality |
| Being earnest | Contemplation | Exploration | Innovation | Pleasure | Spontaneity |
| Being famous | Contentment | Expressiveness | Insightfulness | Positivity | Stability |
| Being frank | Contribution | Fairness | Inspiration | Potential | Status |
| Being methodical | Control | Faith | Integrity | Power | Steadiness |
| Being personable | Conviction | Family | Intelligence | Practicality | Strength |
| Being reasonable | Cooperation | Feelings | Intensity | Preciseness | Structure |
| Being skilled | Courage | Fidelity | Intuitiveness | Principles | Success |
| Being thoughtful | Courteousness | Flair | Inventiveness | Productivity | Sympathy |
| Being understanding | Craftiness | Flexibility | Joy | Professionalism | Teamwork |
| Benevolence | Creativity | Focus | Justice | Prosperity | Thoroughness |
| Big-thinking | Credibility | Foresight | Kindness | Protection | Timeliness |
| Bliss | Curiosity | Forgiving | Knowledge | Punctuality | Tolerance |
| Boldness | Daringness | Forthrightness | Lawfulness | Purpose | Tradition |
| Bravery | Decency | Fortitude | Leadership | Quality | Transformation |
| Brilliance | Decisiveness | Freedom | Learning | Rationality | Trust |
| Calmness | Dedication | Freethinking | Liberty | Realism | Truth |
| Candor | Deep thought | Friendship | Likability | Recognition | Unity |
| Capability | Democracy | Fun | Logic | Recreation | Variety |
| Carefulness | Dependability | Generosity | Love | Reflection | Warmth |
| Caring | Determination | Gentleness | Loyalty | Relaxation | Wealth |
| Cautiousness | Devotion | Genuineness | Mastery | Reliability | Wisdom |
| Certainty | Dignity | Giving | Maturity | Resourcefulness | Wit |