

VALUES LIST

For this exercise you will need to narrow this list down to your ONE or TWO personal core values.

We Recommend starting with your top 10-15 and then narrowing down to your ONE or TWO core values from that smaller list.

Acceptance	Consistency	Exploration
Accessibility	Contentment	Expressiveness
Accomplishment	Cooperation	Extroversion
Accountability	Courage	Exuberance
Accuracy	Courtesy	Fairness
Achievement	Craftiness	Faith
Activeness	Creativity	Faithfulness
Adaptability	Credibility	Family
Adventure	Cunning	Fearlessness
Aesthetics	Curiosity	Ferocity
Agility	Daring	Fidelity
Alertness	Decisiveness	Fierceness
Ambition	Dedication	Fitness
Appreciation	Dependability	Flexibility
Approachability	Determination	Fluency
Assertiveness	Devotion	Focus
Attentiveness	Dignity	Frankness
Availability	Diligence	Freedom
Awareness Balance	Directness	Friendliness
Beauty	Discipline	Friendship
Benevolence	Discovery	Fun
Boldness	Discretion	Generosity
Bravery	Diversity	Gratitude
Brilliance	Drive	Growth
Calmness	Duty	Happiness
Camaraderie	Dynamism	Harmony
Candor	Eagerness	Health
Capability	Education	Helpfulness
Carefulness	Effectiveness	Heroism
Caution	Efficiency	Honesty
Change	Elegance	Honor
Charity	Empathy	Hopefulness
Cheerfulness	Encouragement	Hospitality
Clarity	Endurance	Humility
Cleanliness	Energy	Humor
Cleverness	Enjoyment	Imagination
Collaboration	Entertainment	Impartiality
Commitment	Enthusiasm	Independence
Compassion	Equality	Ingenuity
Competence	Excellence	Initiative
Concentration	Excitement	Innovation
Confidence	Experience	Inquisitiveness
Conformity	Expertise	Insightfulness



FORWARD
MOTION

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Inspiration	Power	Status
Integrity	Pragmatism	Stealth
Intelligence	Precision	Stewardship
Introversion	Preparedness	Strength
Intuitiveness	Privacy	Success
Inventiveness	Proactivity	Support
Joy	Professionalism	Sympathy
Justice	Prudence	Synergy
Kindness	Punctuality	Teamwork
Knowledge	Purposefulness	Thankfulness
Leadership	Rationality	Thoroughness
Learning	Realism	Thoughtfulness
Liberty	Reason	Thrift
Logic	Reflection	Timeliness
Love	Regularity	Tolerance
Loyalty	Reliability	Tranquility
Mastery	Resilience	Transcendence
Maturity	Resolution	Trust
Meticulousness	Resolve	Trustworthiness
Mindfulness	Resourcefulness	Truth
Modesty	Respect	Understanding
Motivation	Responsibility	Uniqueness
Neatness	Responsiveness	Unity
Open-mindedness	Restraint	Valor
Openness	Rigor	Variety
Optimism	Sacrifice	Vigor
Order	Security	Vision
Orderliness	Self-control	Vitality
Organization	Self-discipline	Warmth
Originality	Self-reliance	Willfulness
Outlandishness	Sensitivity	Wisdom
Outrageousness	Serenity	Wittiness
Passion	Service	Wonder
Patience	Sharing	Zeal
Peace	Silliness	
Perceptiveness	Simplicity	
Perfection	Sincerity	
Perseverance	Skill	
Persistence	Solidarity	
Persuasiveness	Speed	
Philanthropy	Spirituality	
Playfulness	Spontaneity	
Pleasure	Stability	



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