

VALUES

DIRECTIONS:

SELF: LIST YOUR TOP 5 VALUES RELATED TO YOUR PERSONAL WELL-BEING, GROWTH, AND SELF-CARE.

RELATIONSHIPS: LIST YOUR TOP 5 VALUES THAT ARE MOST IMPORTANT IN YOUR FRIENDSHIPS AND CONNECTIONS WITH OTHERS.

FAMILY: LIST YOUR TOP 5 VALUES THAT REFLECT WHAT YOU CHERISH IN FAMILY DYNAMICS AND SUPPORT.

CAREER: LIST YOUR TOP 5 VALUES RELATED TO YOUR WORK LIFE, AMBITIONS, AND PROFESSIONAL FULFILLMENT.

REFLECT ON WHAT MATTERS MOST TO YOU IN EACH AREA AND CONSIDER HOW THEY GUIDE YOUR DECISIONS AND ACTIONS. THEN, THINK ABOUT WHERE THEY INTERSECT. THIS WILL GUIDE YOU TO YOUR CORE BELIEFS, THE DRIVING FACTORS BEHIND YOUR ACTIONS AND RESPONSES TO SITUATIONS IN YOUR LIFE.



LIST OF 100 VALUES

ACHIEVEMENT
ADVENTURE
AMBITION
AUTHENTICITY
BALANCE
BEAUTY
BRAVERY
CALMNESS
CARING
CHALLENGE
CHARITY
CLARITY
CLEANLINESS
COMMITMENT
COMPASSION
CONFIDENCE
CONNECTION
COOPERATION
COURAGE
CREATIVITY
CURIOSITY
DEPENDABILITY
DETERMINATION
DISCIPLINE
EDUCATION
EFFICIENCY
EMPATHY
EQUALITY
EXCELLENCE
FAIRNESS
FAITH
FAMILY
FORGIVENESS
FREEDOM
FRIENDSHIP
FUN
GENEROSITY
GRATITUDE
GROWTH
HARMONY
HEALTH
HONESTY
HOPE
HUMILITY
IMAGINATION
INDEPENDENCE
INNOVATION
INTEGRITY
INTELLIGENCE
JOY

JUSTICE
KINDNESS
KNOWLEDGE
LEADERSHIP
LEARNING
LOVE
LOYALTY
MINDFULNESS
OPEN-MINDEDNESS
OPTIMISM
PATIENCE
PEACE
PERSISTENCE
PLAYFULNESS
PRACTICALITY
QUALITY
RESPECT
RESPONSIBILITY
SAFETY
SECURITY
SELF-DISCIPLINE
SELF-ESTEEM
SELF-EXPRESSION
SENSITIVITY
SIMPLICITY
SINCERITY
SPIRITUALITY
STABILITY
STRENGTH
SUCCESS
SUPPORT
SUSTAINABILITY
TEAMWORK
TOLERANCE
TRADITION
TRUST
UNDERSTANDING
UNITY
VISION
WISDOM
WONDER
ZEAL
ADAPTABILITY
ACCOUNTABILITY
APPRECIATION
COMPASSION
DETERMINATION
EQUALITY
GROWTH
HAPPINESS

