

## **VALUES**

I have put the long list of over 200 values into categories. Please take these as suggestions, you may find that you would put them into a different category based on your individual perspective.

This list is also not complete or exhaustive by any means.

***Please know that when you decide to narrow down your list of values it doesn't mean you don't find all the values you circled important. Everything you feel is important actually IS important, but it's good to know what your top value is.***

Consider rewriting the core values as actions. So instead of fun, write it as "having fun" or "feeling a sense of fun".

Start by circling any value that resonates.

See if you can group values into categories that make sense to you.

Narrow down your values into top 10, possibly top 5 remembering that values are fluid and flexible.

### **Integrity**

Accountability  
Candor  
Commitment  
Dependability  
Dignity  
Honesty  
Honor  
Responsibility  
Sincerity  
Transparency  
Trust  
Trustworthy  
Truth

### **Feelings**

Acceptance  
Comfort  
Compassion  
Contentment  
Empathy

### **Feelings, cont.**

Grace  
Gratitude  
Happiness  
Hope  
Inspiring  
Irreverent  
Joy  
Kindness  
Love  
Optimism  
Passion  
Peace  
Poise  
Respect  
Reverence  
Satisfaction  
Serenity  
Thankful  
Tranquility  
Welcoming

### **Achievement, Cont.**

#### **Achievement**

Accomplishment  
Capable  
Challenge  
Competence  
Credibility  
Determination  
Development  
Drive  
Effectiveness  
Empowerment  
Endurance  
Excellence  
Famous  
Greatness  
Growth  
Hard Work  
Improvement  
Influence

Intensity  
Leadership  
Mastery  
Motivation  
Performance  
Persistence  
Potential  
Power  
Productivity  
Professionalism  
Prosperity  
Recognition  
Results-Oriented  
Risk  
Significance  
Status  
Success  
Talent  
Victory  
Wealth  
Winning

### **Creativity**

Creation  
Curiosity  
Discovery  
Exploration  
Expressive  
Imagination  
Innovation  
Inquisitive  
Intuitive  
Openness  
Originality  
Uniqueness  
Wonder

### **Intelligence**

Brilliance

Clever  
Common Sense  
Decisiveness  
Foresight  
Genius  
Insightful  
Knowledge  
Learning  
Logic  
Openness  
Realistic  
Reason  
Reflective  
Smart  
Thoughtful  
Understanding  
Vision  
Wisdom

### **Spirituality**

Adaptability  
Altruism  
Balance  
Charity  
Communication  
Community  
Connection  
Consciousness  
Contribution  
Cooperation  
Courtesy  
Devotion  
Equality  
Ethical  
Fairness  
Family  
Fidelity  
Friendship  
Generosity

Giving  
Goodness  
Harmony  
Humility  
Loyalty  
Maturity  
Meaning  
Selfless  
Sensitivity  
Service  
Sharing  
Spirit  
Stewardship  
Support  
Sustainability  
Teamwork  
Tolerance  
Unity

### **Strength**

Ambition  
Assertiveness  
Boldness  
Confidence  
Dedication  
Discipline  
Ferociousness  
Fortitude  
Persistence  
Power  
Restraint  
Rigor  
Self-reliance  
Temperance  
Toughness  
Vigor  
Will

### **Freedom**

Independence  
Individuality  
Liberty

**Courage**

Bravery  
Conviction  
Gearless  
Valor

**Order**

Accuracy  
Careful

**Order, cont.**

Certainty  
Cleanliness  
Consistency  
Control  
Decisive  
Economy  
Justice  
Lawful  
Moderation  
Organization  
Security  
Structure  
Thorough  
Timeliness

**Enjoyment**

Amusement  
Enthusiasm  
Experience  
Fun  
Playfulness  
Recreation  
Spontaneous

**Surprise**

**Presence**

Alertness  
Attentive  
Awareness  
Beauty  
Calm  
Clear  
Concentration  
Focus  
Silence  
Simplicity  
Solitude

**Health**

Energy  
Fitness  
Physical strength  
Vitality