

VALUES

Thinking about whatever context you are working on (career/finances, relationships, family, personal growth, health/fitness, spirituality), go over the following list with a highlighter, and pick values that mean the most to you.

Take your time! From there, choose ten values that are most reflective of who you are, not who you wish or aspire to be.

Acceptance	Courtesy	Grace	Originality	Solitude
Accomplishment	Creation	Gratitude	Passion	Spirit
Accountability	Creativity	Greatness	Patience	Spirituality
Achievement	Credibility	Growth	Peace	Spontaneous
Adaptability	Curiosity	Happiness	Performance	Stability
Altruism	Decisive	Hard work	Persistence	Status
Ambition	Dedication	Harmony	Playfulness	Stewardship
Amusement	Dependability	Health	Poise	Strength
Assertiveness	Determination	Honesty	Potential	Structure
Attentive	Development	Honor	Power	Success
Authenticity	Devotion	Hope	Present	Support
Balance	Dignity	Humility	Productivity	Surprise
Beauty	Discipline	Imagination	Professionalism	Sustainability
Boldness	Discovery	Improvement	Prosperity	Talent
Bravery	Drive	Independence	Purpose	Teamwork
Calm	Efficiency	Individuality	Quality	Temperance
Candor	Empathy	Inquisitive	Realistic	Thankful
Capable	Empower	Inspiring	Reason	Thorough
Careful	Endurance	Integrity	Recognition	Thoughtful
Certainty	Energy	Intelligence	Recreation	Timeliness
Challenge	Enjoyment	Intensity	Reflective	Tolerance
Cleanliness	Enthusiasm	Intuitive	Respect	Toughness
Clear	Equality	Irreverent	Responsibility	Traditional
Clever	Ethical	Joy	Restraint	Tranquility
Collaboration	Excellence	Justice	Results-oriented	Transparency
Comfort	Experience	Kindness	Reverence	Trust
Commitment	Exploration	Knowledge	Rigor	Trustworthy
Communication	Expressive	Lawful	Risk	Truth
Community	Fairness	Leadership	Satisfaction	Understanding
Compassion	Family	Learning	Security	Uniqueness
Competence	Famous	Liberty	Self-reliance	Unity
Concentration	Fearless	Logic	Selfless	Valor
Confidence	Feelings	Love	Sensitivity	Value
Connection	Fidelity	Loyalty	Serenity	Victory
Consciousness	Focus	Mastery	Service	Vigor
Consistency	Foresight	Maturity	Sharing	Vision
Contentment	Fortitude	Meaning	Significance	Vitality
Contribution	Friendship	Moderation	Silence	Wealth
Control	Fun	Motivation	Simplicity	Welcoming
Conviction	Generosity	Openness	Sincerity	Winning
Cooperation	Genius	Optimism	Skill	Wisdom
Courage	Goodness	Order	Skillfulness	Wonder