

Identify Your Values

Objective:

To gain a better understanding of your core values at home and at work. Use the list below to jog your memory. Be honest. Don't think about what you 'should' be. Be truthful with yourself and do what inspires you.

Instructions:

1. There are over 400 possible values listed below. Read through the list.
2. Print off this document and circle the values that jump out at you / most resonate with you.
3. When you have exhausted the list, narrow it down to 20.
4. Now narrow it down to your top 5. Ask yourself, which values can you not live without?

Abundance	Delight	Influence	Religiousness
Acceptance	Dependability	Ingenuity	Reputation
Accessibility	Depth	Inquisitiveness	Resilience
Accomplishment	Desire	Insightfulness	Resolution
Accountability	Determination	Inspiration	Resolve
Accuracy	Devotion	Integrity	Resourcefulness
Achievement	Devoutness	Intellect	Respect
Acknowledgement	Dexterity	Intelligence	Responsibility
Activeness	Dignity	Intensity	Rest
Adaptability	Diligence	Intimacy	Restraint
Adoration	Direction	Intrepidness	Reverence
Adroitness	Directness	Introspection	Richness
Advancement	Discipline	Introversion	Rigor
Adventure	Discovery	Intuition	Sacredness
Affection	Discretion	Intuitiveness	Sacrifice
Affluence	Diversity	Inventiveness	Sagacity
Aggressiveness	Dominance	Investing	Saintliness
Agility	Dreaming	Involvement	Sanguinity
Alertness	Drive	Joy	Satisfaction
Altruism	Duty	Judiciousness	Science
Amazement	Dynamism	Justice	Security
Ambition	Eagerness	Keenness	Self-control
Amusement	Ease	Kindness	Selflessness
Anticipation	Economy	Knowledge	Self-reliance
Appreciation	Ecstasy	Leadership	Self-respect
Approachability	Education	Learning	Sensitivity
Approval	Effectiveness	Liberation	Sensuality
Art	Efficiency	Liberty	Serenity
Articulacy	Elation	Lightness	Service
Artistry	Elegance	Liveliness	Sexiness

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Assertiveness	Empathy	Logic	Sexuality
Assurance	Encouragement	Longevity	Sharing
Attentiveness	Endurance	Love	Shrewdness
Attractiveness	Energy	Loyalty	Significance
Audacity	Enjoyment	Majesty	Silence
Availability	Entertainment	Making a difference	Silliness
Awareness	Enthusiasm	Marriage	Simplicity
Awe	Environmentalism	Mastery	Sincerity
Balance	Ethics	Maturity	Skilfulness
Beauty	Euphoria	Meaning	Solidarity
Being the best	Excellence	Meekness	Solitude
Belonging	Excitement	Mellowness	Sophistication
Benevolence	Exhilaration	Meticulousness	Soundness
Bliss	Expectancy	Mindfulness	Speed
Boldness	Expediency	Modesty	Spirit
Bravery	Experience	Motivation	Spirituality
Brilliance	Expertise	Mysteriousness	Spontaneity
Buoyancy	Exploration	Nature	Spunk
Calmness	Expressiveness	Neatness	Stability
Camaraderie	Extravagance	Nerve	Status
Candour	Extroversion	Nonconformity	Stealth
Capability	Exuberance	Obedience	Stillness
Care	Fairness	Open-mindedness	Strength
Carefulness	Faith	Openness	Structure
Celebrity	Fame	Optimism	Success
Certainty	Family	Order	Support
Challenge	Fascination	Organization	Supremacy
Change	Fashion	Originality	Surprise
Charity	Fearlessness	Outdoors	Sympathy
Charm	Ferocity	Outlandishness	Synergy
Chastity	Fidelity	Outrageousness	Teaching
Cheerfulness	Fierceness	Partnership	Teamwork
Clarity	Financial	Patience	Temperance
Cleanliness	independence	Passion	Thankfulness
Clear-mindedness	Firmness	Peace	Thoroughness
Cleverness	Fitness	Perceptiveness	Thoughtfulness
Closeness	Flexibility	Perfection	Thrift
Comfort	Flow	Perkiness	Tidiness
Commitment	Fluency	Perseverance	Timeliness
Community	Focus	Persistence	Traditionalism
Compassion	Fortitude	Persuasiveness	Tranquillity
Competence	Frankness	Philanthropy	Transcendence
Competition	Freedom	Piety	Trust
Completion	Friendliness	Playfulness	Trustworthiness
Composure	Friendship	Pleasantness	Truth
Concentration	Frugality	Pleasure	Understanding
Confidence	Fun	Poise	Unflappability
Conformity	Gallantry	Polish	Uniqueness

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Congruency	Generosity	Popularity	Unity
Connection	Gentility	Potency	Usefulness
Consciousness	Giving	Power	Utility
Conservation	Grace	Practicality	Valour
Consistency	Gratitude	Pragmatism	Variety
Contentment	Gregariousness	Precision	Victory
Continuity	Growth	Preparedness	Vigour
Contribution	Guidance	Presence	Virtue
Control	Happiness	Pride	Vision
Conviction	Harmony	Privacy	Vitality
Conviviality	Health	Proactivity	Vivacity
Coolness	Heart	Professionalism	Volunteering
Cooperation	Helpfulness	Prosperity	Warm-heartedness
Cordiality	Heroism	Prudence	Warmth
Correctness	Holiness	Punctuality	Watchfulness
Country	Honesty	Purity	Wealth
Courage	Honour	Rationality	Wilfulness
Courtesy	Hopefulness	Realism	Willingness
Craftiness	Hospitality	Reason	Winning
Creativity	Humility	Reasonableness	Wisdom
Credibility	Humour	Recognition	Wittiness
Cunning	Hygiene	Recreation	Wonder
Curiosity	Imagination	Refinement	Worthiness
Daring	Impact	Reflection	Youthfulness
Decisiveness	Impartiality	Relaxation	Zeal
Decorum	Independence	Reliability	
Deference	Individuality	Relief	
	Industry		

My Top Five Values: