

# Values List

Ability	Calmness	Coolness	Drive	Fashion	Honor	Longevity	Poise	Rigor	Strength	Vulnerability
Abundance	Camaraderie	Cooperation	Duty	Fearlessness	Hope	Love	Polish	Risk-taking	Structure	Warmth
Acceptance	Candor	Copiousness	Dynamism	Fidelity	Hospitality	Loyalty	Popularity	Sacredness	Substantiality	Wealth
Accountability	Capability	Cordiality	Eagerness	Financial stability	Humility	Making a difference	Potency	Sacrifice	Success	Well-being
Achievement	Care	Correctness	Economy	Finesse	Humor	Mastery	Power	Safety	Sufficiency	Wellness
Adaptability	Certainty	Courage	Education	Firmness	Hygiene	Maturity	Practicality	Satisfaction	Support	Wholeheartedness
Adequacy	Challenge	Courtesy	Effectiveness	Fitness	Imagination	Mellowness	Pragmatism	Security	Supremacy	Wholesome
Adroitness	Charity	Craftiness	Efficiency	Flexibility	Impact	Meticulousness	Precision	Self-control	Surprise	Willfulness
Adventure	Charm	Creativity	Elegance	Flow	Impartiality	Mindfulness	Preparedness	Self-discipline	Sympathy	Willingness
Affection	Chastity	Credibility	Empathy	Fluency	Inclusion	Moderation	Presence	Self-expression	Synergy	Winning
Affluence	Cheerfulness	Cunning	Encouragement	Fluidity	Independence	Modesty	Pride	Self-knowledge	Tactfulness	Wisdom
Alertness	Clarity	Curiosity	Endurance	Focus	Ingenuity	Motivation	Privacy	Selflessness	Teamwork	Wittiness
Altruism	Classy	Daring	Energy	Fortitude	Initiative	Nature	Proactivity	Self-realization	Temperance	Wonder
Ambition	Cleanliness	Decisiveness	Enjoyment	Frankness	Inquisitiveness	Neatness	Proficiency	Self-reliance	Thankfulness	Worthiness
Amusement	Cleverness	Decorum	Enlightenment	Freedom	Insightfulness	Nerve	Professionalism	Self-respect	Thoroughness	Zeal
Anticipation	Closeness	Deepness	Entertainment	Friendship	Inspiration	Obedience	Prosperity	Sensitivity	Thoughtfulness	Zest
Appreciation	Cognizance	Deference	Enthusiasm	Frugality	Instinctiveness	Open-mindedness	Prudence	Sensuality	Thrift	
Approachability	Collaboration	Delicacy	Environment	Fun	Integrity	Openness	Punctuality	Serenity	Tidiness	
Artfulness	Comfort	Delight	Ethics	Future generations	Intelligence	Optimism	Purity	Service	Time	
Articulacy	Commitment	Dependability	Equality	Generosity	Intensity	Opulence	Qualification	Shrewdness	Timeliness	<b>Write your own:</b>
Assertiveness	Community	Depth	Exactness	Gentility	Intimacy	Order	Quietness	Significance	Tradition	
Assurance	Compassion	Desire	Excellence	Genuineness	Introversion	Organization	Quickness	Silence	Tranquility	
Attentiveness	Competence	Determination	Excitement	Giving	Intuition	Originality	Realism	Simplicity	Transcendence	
Attractiveness	Complacency	Devotion	Exhilaration	Giving back	Intuitiveness	Outrageousness	Readiness	Sincerity	Travel	
Authenticity	Completion	Devoutness	Expediency	Grace	Inventiveness	Parenting	Recognition	Skillfulness	Trust	
Availability	Composure	Dexterity	Experience	Gratitude	Job security	Passion	Recreation	Sophistication	Trustworthiness	
Awareness	Concentration	Dignity	Expertise	Gregariousness	Joy	Patience	Refinement	Solidarity	Truth	
Awe	Confidence	Diligence	Exploration	Growth	Justice	Patriotism	Reflection	Solidity	Understanding	What do I do with this gigantic list?
Balance	Conformity	Diplomacy	Expressiveness	Guidance	Kindness	Peace	Relaxation	Solitude	Uniqueness	<ul style="list-style-type: none"> <li>• Highlight all of the values that resonate.</li> </ul>
Beauty	Congruency	Direction	Extravagance	Happiness	Knowledge	Perceptiveness	Reliability	Soundness	Unity	<ul style="list-style-type: none"> <li>• Group similar values into categories.</li> </ul>
Being the best	Connection	Directness	Extroversion	Harmony	Lavishness	Perfection	Resilience	Speed	Usefulness	<ul style="list-style-type: none"> <li>• Find a label for the categories that captures their essence or prioritize the values in each category.</li> </ul>
Belonging	Consciousness	Discernment	Exuberance	Health	Leadership	Perseverance	Resolution	Spirit	Utility	<ul style="list-style-type: none"> <li>• Narrow your values down to 3-5 that are at the core of your belief system. Our core values usually remain consistent throughout our lifetime.</li> </ul>
Benevolence	Consistency	Discretion	Evolution	Heart	Learning	Persistence	Resolve	Spirituality	Valor	
Blissfulness	Contentment	Discipline	Fairness	Helpfulness	Legacy	Personal fulfillment	Resourcefulness	Spontaneity	Variety	
Boldness	Continuity	Discovery	Faith	Heroism	Liberation	Persuasiveness	Respect	Sportsmanship	Vigor	
Bravery	Contribution	Discretion	Fame	Holiness	Liberty	Philanthropy	Responsibility	Stability	Virtue	
Brilliance	Control	Diversity	Family	Home	Leisure	Playfulness	Restraint	Stewardship	Vision	
Briskness	Conviction	Dreaming	Fascination	Honesty	Logic	Pleasure	Reverence	Stillness	Vitality	

- What do I do with this gigantic list?
- Highlight all of the values that resonate.
  - Group similar values into categories.
  - Find a label for the categories that captures their essence or prioritize the values in each category.
  - Narrow your values down to 3-5 that are at the core of your belief system. Our core values usually remain consistent throughout our lifetime.

