

DEFINING VALUES

Values are foundational beliefs that anchor your life and act as the motivators for the decisions you make. Core values are the things that matter to us the most and the non-negotiable characteristics that best describe who we are. Core values can be learned, inherited or reflect your god-given wiring and ideals. Look over the list below and circle the values that resonate with you. Try to circle 12-15 and if you have values not on the list, simply add them to the bottom.

Abundance	Connection	Exploration	Joy	Resolution
Acceptance	Consciousness	Expressiveness	Justice	Resolve
Accessibility	Consistency	Extravagance	Keeness	Resourcefulness
Accomplishment	Contentment	Extroversion	Kindness	Respect
Accuracy	Continuity	Exuberance	Knowledge	Rest
Achievement	Contribution	Fairness	Leadership	Restraint
Acknowledgment	Control	Faith	Liberty	Reverence
Activeness	Conviction	Fame	Liveliness	Sacredness
Adaptability	Coolness	Family	Logic	Sacrifice
Adoration	Cooperation	Fascination	Longevity	Satisfaction
Adroitness	Cordiality	Fearlessness	Love	Security
Adventure	Correctness	Ferocity	Loyalty	Self-control
Affection	Courage	Fidelity	Majesty	Self-reliance
Affluence	Courtesy	Fierceness	Making a difference	Selflessness
Agility	Creativity	Financial independence	Mastery	Sensitivity
Alertness	Credibility	Firmness	Maturity	Sensuality
Altruism	Curiosity	Fitness	Meekness	Serenity
Ambition	Daring	Flexibility	Mellowness	Service
Amusement	Decisiveness	Flow	Meticulousness	Sexuality
Anticipation	Delight	Focus	Mindfulness	Sharing
Appreciation	Dependability	Freedom	Modesty	Silence
Approachability	Depth	Friendliness	Motivation	Simplicity
Articulateness	Desire	Frugality	Neatness	Sincerity
Assertiveness	Determination	Fun	Obedience	Solitude
Assurance	Devotion	Generosity	Openness	Spirit
Attentiveness	Dignity	Giving	Optimism	Spontaneity
Attractiveness	Diligence	Grace	Order	Stability
Awareness	Direction	Gratitude	Organization	Stillness
Balance	Directness	Growth	Originality	Strength
Beauty	Discipline	Guidance	Passion	Structure
Belonging	Discovery	Happiness	Peace	Success
Bliss	Discretion	Harmony	Perceptiveness	Support
Boldness	Diversity	Health	Perfection	Teamwork
Bravery	Dominance	Heart	Perseverance	Temperance
Brilliance	Dreaming	Helpfulness	Persistence	Thankfulness
Buoyancy	Drive	Heroism	Persuasiveness	Thoroughness
Calmness	Duty	Holiness	Philanthropy	Thoughtfulness
Camaraderie	Dynamism	Honesty	Playfulness	Traditionalism
Candor	Eagerness	Hopefulness	Popularity	Tranquility
Capability	Economy	Hospitality	Power	Trust
Care	Education	Humility	Practicality	Truth
Carefulness	Effectiveness	Humor	Pragmatism	Understanding
Celebrity	Efficiency	Imagination	Precision	Uniqueness
Certainty	Elation	Impact	Preparedness	Unity
Challenge	Elegance	Impartiality	Presence	Usefulness
Charity	Empathy	Independence	Privacy	Utility
Charm	Encouragement	Ingenuity	Proactivity	Variety
Chastity	Endurance	Inquisitiveness	Professionalism	Virtue
Cheerfulness	Energy	Insightfulness	Prosperity	Vision
Clarity	Enjoyment	Inspiration	Punctuality	Vitality
Cleanliness	Enthusiasm	Integrity	Purity	Warmth
Cleverness	Excellence	Intelligence	Realism	Wealth
Closeness	Conformity	Experience	Reason	Winning
Comfort	Congruency	Expertise	Recognition	Wisdom
Commitment	Composure	Excitement	Reliability	Wonder
Compassion	Concentration	Exhilaration	Resilience	Youthfulness
Completion	Confidence	Introversion	Intuition	Zeal