

VALUES LIST

1. **Quickly read through each of the values, and CHECKMARK any that resonate with you. Don't overthink, just check, and move on.**
2. **Review each of the values you have checked and CIRCLE the ones that seem to have deeper significance for you. Try to get your list down to about 5. If your list is long, try to eliminate those that are least meaningful and cross them out. If some seem to overlap or are related in some way to you, combine them.**

Abundance	Buoyancy	Courage	Enthusiasm	Grace
Acceptance	Calmness	Courtesy	Equality	Gratitude
Accessibility	Camaraderie	Craftiness	Ethics	Gregariousness
Accomplishment	Candor	Creativity	Excellence	Growth
Accountability	Capability	Credibility	Excitement	Guidance
Accuracy	Care	Cunning	Exhilaration	Happiness
Achievement	Carefulness	Curiosity	Expectancy	Hard-working
Activeness	Celebrity	Daring	Expediency	Harmony
Adaptability	Certainty	Decisiveness	Experience	Health
Adoration	Challenge	Decorum	Expertise	Heart
Adroitness	Change	Deference	Exploration	Helpfulness
Advancement	Charity	Delight	Expressiveness	Heroism
Adventure	Charm	Dependability	Extravagance	Holiness
Affection	Chastity	Depth	Extroversion	Honesty
Affluence	Cheerfulness	Desire	Exuberance	Honor
Aggressiveness	Clarity	Determination	Fairness	Hope
Agility	Cleanliness	Devotion	Faith	Hospitality
Alertness	Clear-minded	Devoutness	Fame	Humility
Altruism	Cleverness	Dexterity	Family	Humor
Amazement	Closeness	Dignity	Fascination	Hygiene
Ambition	Comfort	Diligence	Fashion	Imagination
Amusement	Commitment	Direction	Fearlessness	Impact
Analysis	Community	Directness	Ferocity	Impartiality
Anticipation	Compassion	Discernment	Fidelity	Independence
Appreciation	Competence	Discipline	Fierceness	Individuality
Approachability	Competition	Discovery	Financial	Industry
Approval	Completion	Discretion	independence	Influence
Art	Composure	Diversity	Firmness	Ingenuity
Articulacy	Concentration	Dominance	Fitness	Inquisitiveness
Artistry	Confidence	Dreaming	Flexibility	Insightfulness
Assertiveness	Conformity	Drive	Flow	Inspiration
Assurance	Congruency	Duty	Fluency	Integrity
Attentiveness	Connection	Dynamism	Focus	Intellect
Attractiveness	Consciousness	Eagerness	Fortitude	Intelligence
Audacity	Conservation	Ease	Frankness	Intensity
Authenticity	Consistency	Economy	Freedom	Intimacy
Availability	Contentment	Ecstasy	Friendliness	Intrepidness
Awareness	Contemplation	Education	Friendship	Introspection
Awe	Continuity	Effectiveness	Frugality	Introversion
Balance	Contribution	Efficiency	Fulfillment	Intuition
Beauty	Control	Elation	Fun	Intuitiveness
Being the best	Conviction	Elegance	Gallantry	Inventiveness
Belonging	Conviviality	Empathy	Generosity	Investing
Benevolence	Coolness	Encouragement	Gentility	Involverment
Bliss	Cooperation	Endurance	Gentleness	Joy
Boldness	Cordiality	Energy	Giving	Judiciousness
Bravery	Correctness	Enjoyment	Godliness	Justice
Brilliance	Country	Entertainment	Goodness	Keeness

Kindness	Poise	Serenity	Virtue
Knowledge	Polish	Servanthood	Vision
Leadership	Popularity	Service	Vitality
Learning	Positive	Sexiness	Vivacity
Liberation	Potency	Sexuality	Volunteering
Liberty	Power	Sharing	Warmhearted
Lightness	Practicality	Shrewdness	Warmth
Liveliness	Pragmatism	Significance	Watchfulness
Logic	Precision	Silence	Wealth
Longevity	Preparedness	Silliness	Willfulness
Love	Presence	Simplicity	Willingness
Loyalty	Pride	Sincerity	Winning
Majesty	Privacy	Skillfulness	Wisdom
Making a difference	Proactivity	Solidarity	Wittiness
Marriage	Problem Solving	Solitude	Wonder
Mastery	Professionalism	Sophistication	Worthiness
Maturity	Prosperity	Soundness	Youthfulness
Meaning	Prudence	Speed	
Meekness	Punctuality	Spirit	
Mellowness	Purity	Spirituality	
Meticulousness	Rationality	Spontaneity	
Mindfulness	Realism	Spunk	
Modesty	Reason	Stability	
Motivation	Reasonableness	Status	
Mystery	Recognition	Stealth	
Nature	Recreation	Stillness	
Neatness	Refinement	Strength	
Nerve	Reflection	Structure	
Nonconformity	Relaxation	Success	
Nurture	Reliability	Support	
Obedience	Relief	Supremacy	
Open-minded	Religiousness	Surprise	
Openness	Reputation	Sympathy	
Optimism	Resilience	Synergy	
Order	Resolution	Teaching	
Organization	Resolve	Teamwork	
Originality	Resourcefulness	Temperance	
Outdoors	Respect	Thankfulness	
Outgoing	Responsibility	Thoroughness	
Outlandishness	Rest	Thoughtfulness	
Outrageousness	Restraint	Thrift	
Overcoming	Reverence	Tidiness	
Partnership	Richness	Timeliness	
Passion	Rigor	Traditionalism	
Patience	Sacredness	Tranquility	
Peace	Sacrifice	Transcendence	
Perceptiveness	Sagacity	Trust	
Perfection	Saintliness	Trustworthiness	
Perkiness	Sanguinity	Truth	
Perseverance	Satisfaction	Understanding	
Persistence	Science	Unflappability	
Persuasiveness	Security	Uniqueness	
Philanthropy	Self-control	Unity	
Piety	Selflessness	Usefulness	
Playfulness	Self-reliance	Utility	
Pleasantness	Self-respect	Valor	
Pleasure	Sensitivity	Variety	
	Sensuality	Victory	
		Vigor	