

Core Values

The point of this exercise is to get your values identified. Then cut the list down to your top 10 values. Then to take those top 10 and decide either / or to get them down to 5. For example... for me Freedom is one as is Dependability ... but if push came to shove, I'd take Freedom over being dependable (fair warning!), which means that if something came up where I had to decide between being dependable and being free I would choose freedom.

Abundance	Dependability	Influence	Reason
Acceptance	Depth	Information	Reasonableness
Accessibility	Desire	Ingenuity	Recognition
Accomplishment	Detection	Inner peace	Recreation
Accountability	Determination	Innovation	Refinement
Accuracy	Development	Inquisitiveness	Reflection
Achievement	Devotion	Inspiration	Relatedness
Acknowledgement	Devoutness	Instruction	Relationships
Acquisition	Dexterity	Integrity	Relaxation
Activeness	Dignity	Intellect	Reliability
Adaptability	Diligence	Intelligence	Relief
Adoration	Direct	Intensity	Religious/Religion
Advancement	Directness	Intimacy	Reputation
Adventure	Discipline	Intrepidness	Resilience
Affection	Discovery	Introspection	Resourcefulness
Affluence	Discretion	Introversion	Respect
Aggressiveness	Discrimination	Intuition	Responsibility
Agility	Distinguish	Intuitiveness	Responsiveness
Alertness	Diversity	Inventiveness	Restraint
Alignment	Diversity	Investing	Reverence
Altruism	Dominance	Involvement	Rigor
Amazement	Dreaming	Joy	Risk
Ambition	Drive	Judiciousness	Sacredness
Amusement	Duty	Justice	Sacrifice
Anticipation	Dynamism	Keeness	Safety
Appreciation	Eagerness	Kindness	Saintliness
Approachability	Ease	Knowledge	Satisfaction
Approval	Economic Security	Laughter	Schooling
Art	Economy	Leadership	Security
Artistry	Ecstasy	Learning	Self-awareness
Assertiveness	Education	Liberation	Self-control
Assistance	Effectiveness	Liberty	Selflessness
Assurance	Efficiency	Lightness	Self-Motivation
Attractiveness	Elation	Liveliness	Self-Reliance
Authenticity	Elegance	Logic	Self-respect

Availability	Emotional Wellbeing	longevity	Self-worth
Awareness	Empathy	Love	Sensations
Awe	Encouragement	Loyalty	Sensitivity
Balance	Endurance	Magnificence	Sensuality
Beauty	Energy	Majesty	Serenity
Being	Environmentalism	Making a difference	Service
Being the Best	Enjoyment	Market Position	Sexiness
Belonging	Enlightenment	Marriage	Sexuality
Benevolence	Entertainment	Mastery	Sharing
Bliss	Enthusiasm	Maturity	Shrewdness
Boldness	Environment	Meaning	Significance
Bravery	Equality	Meaningful work	Silence
Brilliance	Ethics	Meekness	Silliness
Calmness	Euphoria	Mellowness	Simplicity
Camaraderie	Excellence	Merriment	Sincerity
Candor	Excitement	Meticulousness	Skillfulness
Capability	Exhilaration	Mindfulness	Solidarity
Care	Expectancy	Modesty	Solitude
Carefulness	Expediency	Money	Sophistication
Celebrity	Experience	Motivation	Soundness
Certainty	Experiment	Mysteriousness	Speed
Challenge	Expertise	Nature	Spirit
Challenging Problems	Exploration	Neatness	Spirituality
Change	Expressiveness	Nerve	Spontaneity
Charity	Exquisiteness	Nobility	Spunk
Charm	Extravagance	Nonconformity	Stability
Chastity	Extroversion	Obedience	Status
Cheerfulness	Exuberance	Observation	Stealth
Clarity	Facilitation	Open-mindedness	Stillness
Cleanliness	Fairness	Openness	Stimulation
Clear communication	Faith	Optimism	Strength
Clear-mindedness	Fame	Order	Strengthen
Cleverness	Family	Organization	Structure
Closeness	Fascination	Originality	Success
Coach	Fashion	Outlandish	Superiority
Comfort	Fearlessness	Outrageousness	Support
Commitment	Feeling good	Partnership	Supremacy
Community	Ferocity	Passion	Surprise
Compassion	Fidelity	Patience	Sympathy
Competence	Fierceness	Peace	Synergy
Competition	Financial Independence	Peacefulness	Teaching
Completion	Firmness	Perception	Teamwork
Composure	Fitness	Perceptiveness	Temperance

	Comprehending		Flexibility		Perfection		Tenacity
	Concentration		Fluency		Perkiness		Tenderness
	Confidence		Focus		Perseverance		Thankfulness
	Congruency		Frankness		Persistence		Thoroughness
	Connection		Freedom		Personal Development		Thoughtfulness
	Consciousness		Friendliness		Philanthropy		Thrift
	Conservation		Friendship		Piety		Tidiness
	Consideration		Frugality		Play		Timeliness
	Consistency		Fun		Playfulness		Traditionalism
	Constancy		Gallantry		Pleasantness		Tranquility
	Contentment		Generosity		Pleasure		Trust
	Continuity		Gentility		Poise		Trustworthiness
	Contribution		Giving		Polish		Truth
	Control		Grace		Popularity		Understanding
	Conviction		Gratitude		Positive attitude		Uniqueness
	Coolness		Gregariousness		Potency		Unity
	Cooperation		Growth		Power and Authority		Usefulness
	Cooperation		Guidance		Practicality		Valour
	Cordiality		Happiness		Pragmatism		Variety
	Correctness		Harmony		Precision		Victory
	Country		Health		Preparation		Vigor
	Courage		Heart		Preparedness		Virtue
	Courtesy		Helpfulness		Presence		Vision
	Craftiness		Heroism		Pride		Vitality
	Create		Holiness		Privacy		Volunteering
							Warm-heartedness
	Creativity		Honesty		Professionalism		Warmth
	Credibility		Honour		Proficiency		Watchfulness
	Cunning		Hopefulness		Promotion		Wealth
	Curiosity		Hospitality		Prosperity		Willingness
	Customer Service		Humility		Provider		Winning
	Danger		Humour		Prudence		Wisdom
	Dare		Hygiene		Public Service		Wittiness
	Daring		Imagination		Punctuality		Wonder
	Decisiveness		Impact		Purity		Worthiness
	Decorum		Impartiality		Quest		Youthfulness
	Deference		Improvement		Radiance		Zeal
	Delight		Independence		Rationality		
	Democracy		Individuality		Realism		