

List of VALUES



Circle 12 values that you identify with and are important to you. Use those 12 to complete the exercise on the second page and discover your core values.

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|----------------|---------------------|----------------------|------------------|
| Accountability | Ethics | Kindness | Self-respect |
| Achievement | Excellence | Knowledge | Serenity |
| Adaptability | Fairness | Leadership Learning | Service |
| Adventure | Faith | Legacy | Simplicity |
| Altruism | Family | Leisure | Spirituality |
| Ambition | Financial stability | Love | Sportsmanship |
| Authenticity | Forgiveness | Loyalty | Stewardship |
| Balance | Freedom | Making a difference | Success |
| Beauty | Friendship | Nature | Teamwork |
| Being the best | Fun | Openness | Thrift |
| Belonging | Future generations | Optimism | Time |
| Career | Generosity | Order | Tradition |
| Caring | Giving back | Parenting | Travel |
| Collaboration | Grace | Patience | Trust |
| Commitment | Gratitude | Patriotism | Truth |
| Community | Growth | Peace | Understanding |
| Compassion | Harmony | Perseverance | Uniqueness |
| Competence | Health | Personal fulfillment | Usefulness |
| Confidence | Home | Power | Vision |
| Connection | Honesty | Pride | Vulnerability |
| Contentment | Hope | Recognition | Wealth |
| Contribution | Humility | Reliability | Well-being |
| Cooperation | Humor | Resourcefulness | Wholeheartedness |
| Courage | Inclusion | Respect | Wisdom |
| Creativity | Independence | Responsibility | |
| Curiosity | Initiative | Risk -taking | |
| Dignity | Integrity | Safety | |
| Diversity | Intuition | Security Self- | |
| Environment | Job security | discipline Self- | |
| Efficiency | Joy | expression | |
| Equality | Justice | | |

Write your own:

IDENTIFYING YOUR CORE VALUES

Fill the numbered lines with your 12 values from the previous page. Compare each value with the one next to it and make a subjective decision on which one is more important to you. Continue narrowing down until you end up with 3. **These are your core values.**

