

IDENTIFYING CORE VALUES

These values apply to work and personal life. This is not an exhaustive list—you're welcome to add your own.

Acceptance	Excellence	Justice	Sharing
Achievement	Excitement	Kindness	Solitude
Adventure	Expertise	Knowledge	Spirituality
Affection	Fame	Leadership	Success
Altruism	Fairness	Loyalty	Support
Ambition	Faith	Making a Difference	Team Work
Appreciation	Family	Meaningful Work	Time
Arts	Flexibility	Mindfulness	Tolerance
Authenticity	Focus	Nature	Togetherness
Authority	Forgiveness	Nurturing	Tradition
Autonomy	Freedom	Order	Travel
Balance	Friendship	Passion	Trust
Beauty	Fun	Peace	Truth
Belonging	Goals	Personal Growth	Unity
Caring	Gratitude	Perseverance	Variety
Celebration	Growth	Personal	Zest
Challenge	Happiness	Development	
Choice	Health	Pleasure	
Collaboration	Helping Others	Positive Attitude	
Commitment	High Expectations	Pride	
Community	Honesty	Productivity	
Communication	Hope	Recognition	
Compassion	Humility	Reflection	
Connection	Humor	Religion	
Contribution	Imagination	Respect	
Cooperation	Independence	Responsibility	
Creativity	Influence	Results	
Democracy	Initiative	Risk Taking	
Effectiveness	Integrity	Romance	
Efficiency	Intuition	Self Expression	
Equality	Interdependence	Self-Respect	
Equity	Joy	Service	

Process:

1. Circle your top ten values.
2. Narrow those down to five.
3. Narrow those down to three.

