

## Values Discovery List

Review the words below and circle the values that resonate most to you.

- Abundance
- Accountability
- Achievement
- Adaptability
- Advancement
- Adventure
- Affection
- Ambition
- Appreciation
- Authenticity
- Balance
- Beauty
- Belonging
- Career
- Caring
- Change
- Charisma
- Clarity
- Collaboration
- Commitment
- Communication
- Community
- Compassion
- Competence
- Confidence
- Connection
- Contentment
- Contribution
- Cooperation
- Courage
- Creativity
- Diversity
- Effectiveness
- Efficiency
- Elegance
- Encouragement
- Endurance
- Enjoyment
- Entertain
- Entrepreneurial
- Equality
- Excellence
- Excitement
- Facilitation
- Faith
- Fame
- Family
- Finances
- Finesse
- Fitness
- Forgiveness
- Freedom
- Friendship
- Fun
- Fun-Loving
- Generosity
- Giving Back
- Goodness
- Grace
- Gratitude
- Growth
- Happiness
- Harmony
- Health
- Home
- Honesty
- Humility
- Humanity
- Humor
- Independence
- Initiative
- Innovation
- Integrity
- Intelligence
- Intuition
- Invention
- Involvement
- Joy
- Justice
- Kindness
- Knowledge
- Leadership
- Learning
- Legacy
- Leisure
- Love
- Loyalty
- Making a difference
- Openness
- Optimism
- Order
- Nature
- Patience
- Patriotism
- Peace
- Play
- Power
- Perseverance
- Personal Fulfillment
- Pleasure
- Power
- Pride
- Professionalism
- Prosperity
- Quality
- Reciprocity
- Recognition
- Relationship
- Reliability
- Religion
- Resourcefulness
- Respect
- Responsible
- Risk Taking
- Safety
- Security
- Self-Respect
- Serenity
- Speed
- Spiritual

- Stewardship
- Strength
- Success
- Teamwork
- Time
- Thrift
- Tradition
- Travel
- Trust
- Understanding
- Uniqueness
- Usefulness
- Vulnerability
- Wealth
- Well-Being
- Wholeheartedness
- Willingness
- Wisdom

Review the words that you circled look to see if you see any themes emerging for you. Then narrow the values you circled down to your top 10 values.

My Top 10 values are:

- |          |           |
|----------|-----------|
| 1. _____ | 6. _____  |
| 2. _____ | 7. _____  |
| 3. _____ | 8. _____  |
| 4. _____ | 9. _____  |
| 5. _____ | 10. _____ |

Then narrow down the values to your top 5 or 6 core values.

My Core Values are:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

If you're not sure of your core values, then review your top 10 values and think of an experience when you were at your best and see which of your top 10 values were at play. You can also think of some simple moments in your life that brought you joy and contentment and review them against your top 10 values. The values you identified from these experiences are likely your Core Values.