**Values List**

Select Your top 20, then narrow it down to your top 10, top 5 and finally your top 3!

Abundance

Acceptance

Accessibility

Accomplishment

Accountability

Accuracy

Achievement

Activeness

Adaptability

Adoration

Adroitness

Advancement

Adventure

Affection

Affluence

Aggressiveness

Agility

Alertness

Altruism

Amazement

Ambition

Amusement

Anticipation

Appreciation

Approachability

Approval

Art

Articulacy

Artistry

Assertiveness

Assurance

Attentiveness

Attractiveness

Audacity

Availability

Awareness

Awe

Balance

Beauty

Being the best

Belonging

Benevolence

Bliss

Boldness

Bravery

Brilliance

Buoyancy

Calmness

Camaraderie

Candor

Capability

Care

Carefulness

Celebrity

Certainty

Challenge

Change

Charity

Charm

Chastity

Cheerfulness

Clarity

Cleanliness

Clear-mindedness

Cleverness

Closeness

Comfort

Commitment

Community

Compassion

Competence

Competition

Completion

Composure

Concentration

Confidence

Conformity

Congruency

Connection

Consciousness

Conservation

Consistency

Contentment

Continuity

Contribution

Control

Conviction

Conviviality

Coolness

Cooperation

Cordiality

Correctness

Country

Courage

Courtesy

Craftiness

Creativity

Credibility

Cunning

Curiosity

Daring

Decisiveness

Decorum

Deference

Delight

Dependability

Depth

Desire

Determination

Devotion

Devoutness

Dexterity

Dignity

Diligence

Direction

Directness

Discipline

Discovery

Discretion

Diversity

Dominance

Dreaming

Drive

Duty

Dynamism

Eagerness

Ease

Economy

Ecstasy

Education

Effectiveness

Efficiency

Elation

Elegance

Empathy

Encouragement

Endurance

Energy

Enjoyment

Entertainment

Enthusiasm

Environmentalism

Ethics

Euphoria

Excellence

Excitement

Exhilaration

Expectancy

Expediency

Experience

Expertise

Exploration

Expressiveness

Extravagance

Extroversion

Exuberance

Fairness

Faith

Fame

Family

Fascination

Fashion

Fearlessness

Ferocity

Fidelity

Fierceness

Firmness

Fitness

Flexibility

Flow

Fluency

Focus

Fortitude

Frankness

Freedom

Friendliness

Friendship

Frugality

Fun

Gallantry

Generosity

Gentility

Giving

Grace

Gratitude

Gregariousness

Growth

Guidance

Happiness

Harmony

Health

Heart

Helpfulness

Heroism

Holiness

Honesty

Honor

Hopefulness

Hospitality

Humility

Humor

Hygiene

Imagination

Impact

Impartiality

Independence

Individuality

Industry

Influence

Ingenuity

Inquisitiveness

Insightfulness

Inspiration

Integrity

Intellect

Intelligence

Intensity

Intimacy

Intrepidness

Introspection

Introversion

Intuition

Intuitiveness

Inventiveness

Investing

Involvement

Joy

Judiciousness

Justice

Keenness

Kindness

Knowledge

Leadership

Learning

Liberation

Liberty

Lightness

Liveliness

Logic

Longevity

Love

Loyalty

Majesty

Making a difference

Marriage

Mastery

Maturity

Meaning

Meekness

Mellowness

Meticulousness

Mindfulness

Modesty

Motivation

Mysteriousness

Nature

Neatness

Nerve

Nonconformity

Obedience

Open-minded

Openness

Optimism

Order

Organization

Originality

Outdoors

Outlandishness

Outrageousness

Partnership

Patience

Passion

Peace

Perceptiveness

Perfection

Perkiness

Perseverance

Persistence

Persuasiveness

Philanthropy

Piety

Playfulness

Pleasantness

Pleasure

Poise

Polish

Popularity

Potency

Power

Practicality

Pragmatism

Precision

Preparedness

Presence

Pride

Privacy

Proactivity

Professionalism

Prosperity

Prudence

Punctuality

Rationality

Realism

Reason

Reasonableness

Recognition

Recreation

Refinement

Reflection

Relaxation

Reliability

Relief

Religiousness

Reputation

Resilience

Resolution

Resolve

Resourcefulness

Respect

Responsibility

Rest

Restraint

Reverence

Richness

Rigor

Sacredness

Sacrifice

Sagacity

Saintliness

Sanguinity

Satisfaction

Science

Security

Self-control

Selflessness

Self-reliance

Self-respect

Sensitivity

Sensuality

Serenity

Service

Sexiness

Sexuality

Sharing

Shrewdness

Significance

Silence

Silliness

Simplicity

Sincerity

Skillfulness

Solidarity

Solitude

Sophistication

Soundness

Speed

Spirit

Spirituality

Spontaneity

Spunk

Stability

Status

Stealth

Stillness

Strength

Structure

Success

Support

Supremacy

Surprise

Sympathy

Synergy

Teaching

Teamwork

Temperance

Thankfulness

Thoroughness

Thoughtfulness

Thrift

Tidiness

Timeliness

Traditionalism

Tranquility

Transcendence

Trust

Trustworthiness

Truth

Understanding

Unflappability

Uniqueness

Unity

Usefulness

Utility

Valor

Variety

Victory

Vigor

Virtue

Vision

Vitality

Vivacity

Volunteering

Warmth

Wealth

Willfulness

Willingness

Winning

Wisdom

Wittiness

Wonder

Worthiness

Youthfulness

Zeal

**My Top 3 Values are:**

|  |  |  |
| --- | --- | --- |
|  |  |  |
| It’s important to spend some time defining each of your values. What does this value mean to you? How does honoring this value play out in your life? |
|  |  |  |