Core Values Determination

Highlight or circle each value that is important to you.
Do not consider what is important to others around you; only yourself.

Accomplishment	Adaptability	Acceptance	Attentive
Accountability	Amusement	Altruism	Awareness
Achievement	Beauty	Bravery	Balance
Ambition	Brilliance	Calm	Careful
Assertiveness	Challenge	Charity	Cleanliness
Boldness	Cleverness	Clarity	Commitment
Candor	Communication	Common Sense	Community
Capable	Cooperation	Contentment	Compassion
Certainty	Courtesy	Continuity	Connection
Concentration	Creativity	Courage	Consciousness
Confidence	Development	Devotion	Control
Consistency	Discovery	Dignity	Conviction
Contribution	Effectiveness	Enthusiasm	Dependability
Decisiveness	Empowerment	Equality	Efficiency
Dedication	Experience	Ethics	Empathy
Drive	Exploration	Expressiveness	Fairness
Endurance	Fun	Fearless	Family
Excellence	Generosity	Feelings	Fidelity
Famous	Growth	Freedom	Foresight
Focus	Hard Work	Genius	Fortitude
Goodness	Imagination	Honesty	Friendship
Grace	Improvement	Honor	Giving
Intelligence	Independence	Hope	Harmony
Intensity	Individuality	Inquisitive	Health
Joy	Innovation	Insightful	Integrity
Knowledge	Inspiring	Intuitive	Justice
Liberty	Learning	Love	Lawful

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Mastery	Motivation	Maturity	Loyalty
Passion	Playfulness	Meaning	Moderation
Performance	Productivity	Openness	Order
Persistence	Recreation	Optimism	Organization
Potential	Results-Oriented	Patience	Poise
Power	Sharing	Peace	Present
Professionalism	Smart	Reflective	Prosperity
Reason	Spirituality	Respect	Purpose
Recognition	Spontaneous	Responsibility	Quality
Rigor	Success	Restraint	Reverence
Risk	Surprise	Selfless	Security
Satisfaction	Talent	Service	Sensitivity
Self-Reliance	Teamwork	Silence	Serenity
Significance	Timliness	Sincerity	Simplicity
Skillfulness	Understanding	Support	Stewardship
Status	Uniqueness	Temperance	Strength
Toughness	Vision	Trust	Sustainability
Valor	Vitality	Transparency	Temperance
Victory	Welcoming	Unity	Thankfulness
Wealth	Wonder	Wisdom	Winning

Review your highlights and tally them by column.

Column A	Column B	Column C	Column D

Selections in the columns fall under four categories of basic human values. Understanding where the bulk of your values orient helps deepen your understanding of self and inform your goal-setting process.

Column A	Column B	Column C	Column D
Self-Enhancement	Openness to Change	Self-Transcendence	Conservation

Now, revisit the column of your highest value category, and rank the values so you can hone in on your top five (5) values.

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