



Core Values Assessment

First, pick your top 15 values by circling them. Then from that 15 pick the 5 that are most important to you and highlight those. Those are your core values. This exercise can be done every few years as they may change throughout your life. This can be helpful when making decisions to see if the decision matches up with your core values.

Accountability	Being the Best	Cleverness	Fun	Insightful
Achievement	Career	Dignity	Flexibility	Initiative
Adaptability	Caring	Diversity	Freedom	Integrity
Adventure	Collaboration	Dependability	Generosity	Intuition
Altruism	Competence	Daring	Grace	Intelligence
Ambition	Confidence	Decisiveness	Gratitude	Joy
Authenticity	Connection	Empath	Growth	Job security
Abundance	Commitment	Encouragement	Harmony	Justice
Acceptance	Community	Enthusiasm	Health	Kindness
Autonomy	Compassion	Ethics	Honor	Knowledge
Advocacy	Contentment	Excellence	Home	Leadership
Appreciation	Contribution	Expressiveness	Honesty	Learning
Balance	Cooperation	Efficiency	Hope	Legacy
Beauty	Courage	Fairness	Humility	Leisure
Belonging	Creativity	Family	Humor	Love
Boldness	Consistency	Forgiveness	Happiness	Loyalty
Brilliance	Credibility	Friendship	Inclusion	Making a Difference
Benevolence	Curiosity	Fearlessness	Independence	Motivation

Mindfulness	Self-expression	Warmth
Nature	Self-reliance	Wealth
Openness	Self-respect	Well-being
Optimism	Serenity	Wisdom
Originality	Service	Whitty
Patriotism	Simplicity	Wholeheartedness
Patience	Spirituality	Zeal
Peace	Sportsmanship	
Power	Success	
Pride	Stability	
Perseverance	Self-control	
Passion	Teamwork	
Productivity	Thrift	
Punctuality	Time	
Personal Development	Tradition	
Playfulness	Travel	
Popularity	Trust	
Recognition	Toughness	
Reliability	Truth	
Risk-taking	Thoughtfulness	
Responsibility	Understanding	
Resourcefulness	Uniqueness	
Responsiveness	Usefulness	
Safety	Versatility	
Security	Vision	
Self-discipline	Vulnerability	