



A Values List And Core Values Exercise

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A Values Checklist

This is where you can find a list of some of the most common values that we hold important. These values can be used as part of a values based exercise which will involve the following steps-

1) Print off the list

2) Take a pen, read through the list and circle which 10 values are most important to you.

3) Once you have 10 values, I would like you to then narrow this down even further to 5.

The best way to approach this exercise is with an attitude of curiosity and wonder rather than becoming focused on whether your choices are exactly right or wrong.

This is an exercise you can come back to and repeat as necessary, but for now, go with those values that resonate most with you and that you know you hold dear. Enjoy finding out about yourself and considering what is important to you in more detail than you have done before.

Enjoy, and feel free to let me know how you got on!

VALUES LIST 1

Acceptance	Accomplishment	Accountability
Accuracy	Achievement	Adaptability
Adventure	Alertness	Altruism
Ambition	Amusement	Assertiveness
Attentiveness	Awareness	Balance
Beauty	Boldness	Bravery
Brilliance	Calm	Candour
Capability	Certainty	Challenge
Charity	Cleanliness	Comfort
Commitment	Common sense	Communication
Community	Compassion	Competence
Concentration	Confidence	Connection
Consistency	Contentment	Contribution
Control	Conviction	Cooperation
Courage	Courtesy	Creation
Creativity	Credibility	Curiosity
Decisiveness	Dedication	Dependability
Determination	Development	Devotion
Dignity	Discipline	Discovery
Drive	Effectiveness	Efficiency

VALUES LIST 2

Empathy	Empowerment	Energy
Enjoyment	Enthusiasm	Equality
Excellence	Experience	Exploration
Expression	Fairness	Family
Fame	Fearlessness	Ferocity
Fidelity	Foresight	Fortitude
Freedom	Friendship	Fun
Generosity	Gratitude	Growth
Hard work	Honesty	Hope
Humility	Humour	Imagination
Improvement	Independence	Individuality
Innovation	Insightfulness	Inspiration
Integrity	Intelligence	Intensity
Intuition	Joy	Justice
Kindness	Knowledge	Lawfulness
Leadership	Learning	Liberty
Logic	Love	Loyalty
Mastery	Maturity	

VALUES LIST 3

Meaning	Moderation	Motivation
Openness	Optimism	Order
Organization	Originality	Passion
Patience	Peace	Performance
Persistence	Playfulness	Potential
Power	Presence	Productivity
Professionalism	Prosperity	Purpose
Realism	Reason	Recognition
Recreation	Reflection	Respect
Responsibility	Restraint	Risk
Satisfaction	Security	Self-reliance
Selflessness	Sensitivity	Serenity
Service	Sharing	Significance
Silence	Simplicity	Sincerity
Solitude	Spirituality	Spontaneity
Stability	Strength	Success
Surprise	Teamwork	Thoughtfulness
Transparency	Trust	Truth
Understanding	Uniqueness	Unity
Vision	Vitality	Wealth
Wisdom	Wonder	