



Your values impact your **decision-making, habits, and communication**. Your values **motivate you and represent** what you believe in. Your values describe your individual **moral and ethical codes**.

Read through the list of the 150 values below. As you read, circle values that automatically resonate with you.

Acceptance	Discovery	Knowledge	Safety
Accomplishment	Diversity	Leadership	Satisfaction
Accountability	Ease	Learning	Security
Accuracy	Effectiveness	Love	Self-Expression
Achievement	Efficiency	Loyalty	Self-Reliance
Adventure	Empathy	Meaning	Simplicity
Affection	Equality	Money	Skill
Appreciation	Excellence	Mourning	Solving Problems
Authenticity	Fairness	Movement	Space
Autonomy	Faith	Mutuality	Speed
Awareness	Family	Nurturing	Spontaneity
Balance	Flair	Openness	Stability
Beauty	Flexibility	Order	Standardization
Belonging	Focus	Participation	Status
Calm	Freedom	Passion	Stimulation
Celebration	Friendship	Peace	Structure
Challenge	Fun	Perfection	Success
Change	Gratitude	Perseverance	Support
Choice	Greatness	Play	Teamwork
Clarity	Growth	Pleasure	Tenacity
Collaboration	Happiness	Power	Timeliness
Comfort	Hard Work	Practicality	To Know & Be Known
Commitment	Harmony	Predictability	To Matter
Communication	Health	Presence	To See & Be Seen
Community	Honesty	Preservation	Tolerance
Companionship	Hope	Privacy	Tradition
Compassion	Humor	Progress	Tranquility
Competence	Improvement	Prosperity	Transformation
Competition	Inclusion	Punctuality	Trust
Connection	Independence	Purpose	Truth
Consciousness	Individuality	Recognition	Understanding
Consideration	Innovation	Relationships	Unity
Consistency	Inspiration	Reliability	Variety
Cooperation	Integrity	Resourcefulness	Warmth
Creativity	Intimacy	Respect	Wealth
Decisiveness	Intuitiveness	Responsibility	Wisdom
Democracy	Joy	Results	Other: _____
Discipline	Justice	Risk-Taking	Other: _____

Next, narrow your list of circled values to the **ten most important values to you**. Write these values on the next page.



Top Ten Values:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Now, prioritize this list and narrow it to your top five values and reflect on why these values matter to you.

Value	Why It Matters

