



Core Values

On the next 3 pages you'll find a list of core values - from this list choose 5 - 6 that best represent YOU.

The way to do this exercise is to go through the list, circling if it resonates, to form a shortlist - then I go through the shortlist in more detail to refine the list down to 5 - 6.

ABUNDANCE	BEAUTY	CONGRUENCY
ACCEPTANCE	BEING THE BEST	CONNECTION
ACCESSIBILITY	BELONGING	CONSCIOUSNESS
ACCOMPLISHMENT	BENEVOLENCE	CONSERVATION
ACCOUNTABILITY	BLISS	CONSISTENCY
ACCURACY	BOLDNESS	CONTENTMENT
ACHIEVEMENT	BRAVERY	CONTINUITY
ACKNOWLEDGEMENT	BRILLIANCE	CONTRIBUTION
ACTIVENESS	BUOYANCY	CONTROL
ADAPTABILITY	CALMNESS	CONVICTION
ADORATION	CAMARADERIE	CONVIVIALITY
ADROITNESS	CANDOR	COOLNESS
ADVANCEMENT	CAPABILITY	COOPERATION
ADVENTURE		CORDIALITY
AFFECTION	CARE	CORRECTNESS
AFFLUENCE	CAREFULNESS	COUNTRY
	CELEBRITY	COURAGE
AGGRESSIVENESS	CERTAINTY	COURTESY
AGILITY	CHALLENGE	CRAFTINESS
ALERTNESS	CHANGE	CREATIVITY
ALTRUISM	CHARITY	CREDIBILITY
AMAZEMENT	CHARM	CUNNING
AMBITION	CHASTITY	CURIOSITY
AMUSEMENT	CHEERFULNESS	DARING
ANTICIPATION	CLARITY	DECISIVENESS
APPRECIATION	CLEANLINESS	
APPROACHABILITY	CLEAR-MINDEDNESS	DECORUM
APPROVAL	CLEVERNESS	DEFERENCE
ART	CLOSENESS	DELIGHT
ARTICULACY	COMFORT	DEPENDABILITY
ARTISTRY	COMMITMENT	DEPTH
ASSERTIVENESS	COMMUNITY	DESIRE
ASSURANCE	COMPASSION	DETERMINATION
ATTENTIVENESS		DEVOTION
ATTRACTIVENESS	COMPETENCE	DEVOUTNESS
AUDACITY	COMPETITION	DEXTERITY
AVAILABILITY	COMPLETION	DIGNITY
AWARENESS	COMPOSURE	DILIGENCE
	CONCENTRATION	DIRECTION
AWE	CONFIDENCE	DIRECTNESS
BALANCE	CONFORMITY	DISCIPLINE

DISCOVERY
DISCRETION
DIVERSITY
DOMINANCE
DREAMING
DRIVE
DUTY
DYNAMISM
EAGERNESS
EASE
ECONOMY

ECSTASY
EDUCATION
EFFECTIVENESS
EFFICIENCY
ELATION
ELEGANCE
EMPATHY
BELIEFS
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
FINANCIAL

INDEPENDENCE
FIRMNESS
FITNESS
FLEXIBILITY
FLOW
FLUENCY
FOCUS
FORTITUDE
FRANKNESS

FREEDOM
FRIENDLINESS
FRIENDSHIP
FRUGALITY
FUN
GALLANTRY
GENEROSITY
GENTILITY
GIVING
GRACE
GRATITUDE
GREGARIOUSNESS
GUIDANCE
HAPPINESS
HARMONY
HEALTH
HEART
HELPLESSNESS
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
NONCOMFORMITY
OBEDIENCE
OPEN-MINDEDNESS
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

PURITY
SEXUALITY
RATIONALITY
SHARING
REALISM
SHREWDNESS
REASON
SIGNIFICANCE
REASONABLENESS
SILENCE
RECOGNITION
SILLINESS
RECREATION
SIMPLICITY
REFINEMENT
SINCERITY
REFLECTION
SKILLFULNESS
RELAXATION
SOLIDARITY
RELIABILITY

SOLITUDE
SOPHISTICATION
RELIGIOUSNESS

SPEED
RESILIENCE
SPIRIT
RESOLUTION
SPIRITUALITY
RESOLVE
SPONTANEITY
RESOURCEFULNESS
RESPECT
STABILITY
RESPONSIBILITY
STATUS
STEALTH
RESTRAINT
STILLNESS
REVERENCE
STRENGTH
RICHNESS
STRUCTURE
RIGOR
SUCCESS
SACREDNESS
SUPPORT
SACRIFICE
SUPREMACY
SAGACITY
SURPRISE
SAINTLINESS
SYMPATHY
SANGUINITY
SYNERGY
SATISFACTION
TEACHING
SCIENCE
TEAMWORK
SECURITY
TEMPERANCE
SELF-CONTROL
THANKFULNESS
SELFLESSNESS
THOROUGHNESS
SELF-RELIANCE
THOUGHTFULNESS

SELF-RESPECT
THRIFT
SENSITIVITY
TIDINESS
SENSUALITY
TIMELINESS
SERENITY
TRADITIONALISM
SERVICE
TRANQUILITY
SEXINESS
TRANSCENDENCE

TRUST
TRUSTWORTHINESS
TRUTH
UNDERSTANDING
UNFLAPPABILITY
UNIQUENESS
UNITY

USEFULNESS
UTILITY
VALOR
VARIETY
VICTORY
VIGOR
VIRTUE
VISION
VITALITY
VIVACITY
VOLUNTEERING
WARMHEARTEDNESS
WARMTH
WATCHFULNESS
WEALTH
WILLFULNESS
WILLINGNESS
WINNING
WISDOM
WITTINESS
WONDER
WORTHINESS
YOUTHFULNESS
ZEAL