

List of Values

Acceptance	Dignity	Innovation	Reverence
Achievement	Discipline	Inspiring	Rigor
Accountability	Discovery	Integrity	Risk
Adaptability	Drive	Intelligence	Satisfaction
Alertness	Effectiveness	Intensity	Security
Altruism	Efficiency	Intuitive	Self-reliance
Ambition	Empathy	Irreverent	Selfless
Amusement	Empower	Joy	Service
Assertiveness	Endurance	Justice	Sharing
Attentive	Energy	Kindness	Significance
Awareness	Enjoyment	Knowledge	Silence
Balance	Enthusiasm	Lawful	Simplicity
Beauty	Equality	Leadership	Sincerity
Boldness	Ethical	Learning	Skill
Bravery	Excellence	Liberty	Smart
Brilliance	Experience	Logic	Solitude
Calm	Exploration	Love	Spirituality
Certainty	Expressive	Loyalty	Spontaneous
Challenge	Fairness	Mastery	Stability
Charity	Family	Maturity	Status
Cleanliness	Famous	Meaning	Stewardship
Clever	Fearless	Moderation	Strength
Commitment	Feelings	Motivation	Structure
Communication	Focus	Openness	Success
Community	Freedom	Optimism	Support
Compassion	Friendship	Order	Surprise
Competence	Fun	Organization	Sustainability
Concentration	Generosity	Originality	Talent

Confidence	Genius	Passion	Teamwork
Connection	Giving	Patience	Thoughtful
Consciousness	Goodness	Peace	Timeliness
Contentment	Grace	Persistence	Tolerance
Contribution	Gratitude	Playfulness	Toughness
Control	Greatness	Potential	Traditional
Conviction	Growth	Power	Tranquility
Cooperation	Happiness	Productivity	Trust
Courage	Hard work	Professionalism	Truth
Courtesy	Harmony	Prosperity	Understanding
Creation	Health	Purpose	Unity
Creativity	Honesty	Quality	Victory
Credibility	Honor	Realistic	Vigor
Curiosity	Hope	Recognition	Vision
Decisiveness	Humility	Recreation	Vitality
Dedication	Imagination	Reflective	Wealth
Dependability	Improvement	Respect	Winning
Determination	Independence	Responsibility	Wisdom
Devotion	Individuality	Results-oriented	Wonder

Core Values Journaling Prompts

Core values are qualities of beliefs that define us and give us a sense of purpose.

They act like a compass that guides us through life.

What legacy do you want to leave behind?

What are the characteristics of a person you admire?

Think about a situation where you felt in alignment. What values and qualities embodied that situation?
