

Personal Values

While our goals provide the “What,” our values provide the “Why.”

Identifying our values will help guide us toward the things that are most important to us and help us live more authentically.

Read through the following list of values and check the ones that are important to you.

You may also add ones of your own to the list.

| Values | Highly important | Moderately important | Less important | Values | Highly important | Moderately important | Less important |
|----------------|------------------|----------------------|----------------|--------------|------------------|----------------------|----------------|
| Acceptance | | | | Innovation | | | |
| Achievement | | | | Inspiring | | | |
| Accountability | | | | Integrity | | | |
| Adaptability | | | | Intelligence | | | |
| Alertness | | | | Intensity | | | |
| Altruism | | | | Intuitive | | | |
| Ambition | | | | Irreverent | | | |
| Amusement | | | | Joy | | | |
| Assertiveness | | | | Justice | | | |
| Attentive | | | | Kindness | | | |
| Awareness | | | | Knowledge | | | |
| Balance | | | | Lawful | | | |
| Beauty | | | | Leadership | | | |

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|---------------|--|--|--|--------------|--|--|--|
| Boldness | | | | Learning | | | |
| Bravery | | | | Liberty | | | |
| Brilliance | | | | Logic | | | |
| Calm | | | | Love | | | |
| Certainty | | | | Loyalty | | | |
| Challenge | | | | Mastery | | | |
| Charity | | | | Maturity | | | |
| Cleanliness | | | | Meaning | | | |
| Clever | | | | Moderation | | | |
| Commitment | | | | Motivation | | | |
| Communication | | | | Openness | | | |
| Community | | | | Optimism | | | |
| Compassion | | | | Order | | | |
| Competence | | | | Organization | | | |
| Concentration | | | | Originality | | | |
| Confidence | | | | Passion | | | |
| Connection | | | | Patience | | | |
| Consciousness | | | | Peace | | | |
| Contentment | | | | Persistence | | | |
| Contribution | | | | Playfulness | | | |
| Control | | | | Potential | | | |
| Conviction | | | | Power | | | |
| Cooperation | | | | Productivity | | | |

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|---------------|--|--|--|------------------|--|--|--|
| Courage | | | | Professionalism | | | |
| Courtesy | | | | Prosperity | | | |
| Creation | | | | Purpose | | | |
| Creativity | | | | Quality | | | |
| Credibility | | | | Realistic | | | |
| Curiosity | | | | Recognition | | | |
| Decisiveness | | | | Recreation | | | |
| Dedication | | | | Reflective | | | |
| Dependability | | | | Respect | | | |
| Determination | | | | Responsibility | | | |
| Devotion | | | | Results-oriented | | | |
| Dignity | | | | Reverence | | | |
| Discipline | | | | Rigor | | | |
| Discovery | | | | Risk | | | |
| Drive | | | | Satisfaction | | | |
| Effectiveness | | | | Security | | | |
| Efficiency | | | | Self-reliance | | | |
| Empathy | | | | Selfless | | | |
| Empower | | | | Service | | | |
| Endurance | | | | Sharing | | | |
| Energy | | | | Significance | | | |
| Enjoyment | | | | Silence | | | |
| Enthusiasm | | | | Simplicity | | | |

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|-------------|--|--|--|----------------|--|--|--|
| Equality | | | | Sincerity | | | |
| Ethical | | | | Skill | | | |
| Excellence | | | | Smart | | | |
| Experience | | | | Solitude | | | |
| Exploration | | | | Spirituality | | | |
| Expressive | | | | Spontaneous | | | |
| Fairness | | | | Stability | | | |
| Family | | | | Status | | | |
| Famous | | | | Stewardship | | | |
| Fearless | | | | Strength | | | |
| Feelings | | | | Structure | | | |
| Focus | | | | Success | | | |
| Freedom | | | | Support | | | |
| Friendship | | | | Surprise | | | |
| Fun | | | | Sustainability | | | |
| Generosity | | | | Talent | | | |
| Genius | | | | Teamwork | | | |
| Giving | | | | Thoughtful | | | |
| Goodness | | | | Timeliness | | | |
| Grace | | | | Tolerance | | | |
| Gratitude | | | | Toughness | | | |
| Greatness | | | | Traditional | | | |
| Growth | | | | Tranquility | | | |

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|---------------|--|--|--|---------------|--|--|--|
| Happiness | | | | Trust | | | |
| Hard work | | | | Truth | | | |
| Harmony | | | | Understanding | | | |
| Health | | | | Unity | | | |
| Honesty | | | | Victory | | | |
| Honor | | | | Vigor | | | |
| Hope | | | | Vision | | | |
| Humility | | | | Vitality | | | |
| Imagination | | | | Wealth | | | |
| Improvement | | | | Winning | | | |
| Independence | | | | Wisdom | | | |
| Individuality | | | | Wonder | | | |

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