



Identifying personal values can be crucial when choosing goals and establishing long-term motivation. Sometimes when we start scanning our own worldview (values) we may realize new things about ourselves. Sometimes we simply have confirmation of what we already knew. Fulfilling our goals while holding true to our values often defines success for us as individuals and teams. As you scan this list, begin by choosing your top 10 values. Then narrow it down to your top 5 values. Finally, choose your top 3 values that most shape your thoughts and actions.

Acceptance	Competence	Exploration
Accomplishment	Concentration	Fairness
Accountability	Confidence	Faith
Accuracy	Connection	Family
Achievement	Consciousness	Fame
Adaptability	Consistency	Fearless
Adventure	Contentment	Ferocity
Alertness	Contribution	Fidelity
Altruism	Control	Financial stability
Ambition	Conviction	Focus
Amusement	Cooperation	Foresight
Assertiveness	Courage	Fortitude
Attentive	Courtesy	Freedom
Awareness	Creativity	Friendship
Balance	Credibility	Fun
Beauty	Curiosity	Generosity
Being the best	Decisiveness	Genius
Belonging	Dedication	Goodness
Boldness	Dependability	Grace
Bravery	Determination	Gratitude
Brilliance	Development	Greatness
Calm	Devotion	Growth
Candor	Dignity	Happiness
Capable	Diligence	Hard work
Careful	Discipline	Harmony
Career	Discovery	Health
Certainty	Drive	Honesty
Challenge	Effectiveness	Honor
Charity	Efficiency	Hope
Cleanliness	Empathy	Humility
Clear	Empowerment	Humor
Clever	Endurance	Imagination
Collaboration	Energy	Improvement
Comfort	Enjoyment	Independence
Commitment	Enthusiasm	Inclusion
Common sense	Equality	Individuality
Communication	Ethics	Innovation
Community	Excellence	Inquisitive
Compassion	Experience	Insight

Inspiration	Potential	Stability
Integrity	Power	Status
Intelligence	Present	Stewardship
Intensity	Pride	Strength
Intuition	Productivity	Structure
Job security	Professionalism	Success
Joy	Prosperity	Support
Justice	Purpose	Surprise
Kindness	Quality	Sustainability
Knowledge	Realistic	Talent
Leadership	Reason	Teamwork
Learning	Recognition	Temperance
Legacy	Recreation	Thankfulness
Leisure	Reflective	Thoroughness
Liberty	Reliability	Thoughtfulness
Logic	Respect	Timeliness
Love	Responsibility	Tolerance
Loyalty	Restraint	Toughness
Making a difference	Results-oriented	Traditional
Mastery	Reverence	Tranquility
Maturity	Rigor	Transparency
Mentoring others	Risk	Trust
Moderation	Satisfaction	Truth
Motivation	Security	Understanding
Nature	Self-reliance	Uniqueness
Nobility	Selflessness	Unity
Openness	Sensitivity	Valor
Optimism	Serenity	Victory
Organization	Service	Vigor
Originality	Sharing	Vision
Passion	Significance	Vitality
Patience	Silence	Vulnerability
Patriotism	Simplicity	Wealth
Peace	Sincerity	Welcoming
Performance	Skillfulness	Well-being
Perseverance	Solitude	Wholeheartedness
Persistence	Spirituality	Winning
Playfulness	Spontaneous	Wisdom
Poise	Sportsmanship	Wonder

