

Values Identification

Abundance	Compassion	Flexibility	Justice	Proactivity	Timeliness
Acceptance	Competence	Flexibility	Kindness	Professionalism	Tradition
Accountability	Confidence	Forgiveness	Knowledge	Punctuality	Travel
Achievement	Connection	Freedom	Leadership	Quality	Trust
Adaptability	Consistency	Friendship	Learning	Recognition	Trustworthiness
Advancement	Contentment	Friendships	Legacy	Relationships	Truth
Adventure	Contribution	Fun	Leisure	Reliability	Understanding
Advocacy	Cooperation	Future generations	Love	Resilience	Uniqueness
Altruism	Courage	Generosity	Loyalty	Resourcefulness	Usefulness
Ambition	Creativity	Giving back	Making a difference	Respect	Versatility
Appreciation	Credibility	Grace	Mindfulness	Responsibility	Vision
Attractiveness	Curiosity	Gratitude	Motivation	Responsiveness	Vulnerability
Authenticity	Daring	Growth	Nature	Risk Taking	Warmth
Autonomy	Decisiveness	Happiness	Open-Mindedness	Safety	Wealth
Balance	Dedication	Harmony	Openness	Security	Well-being
Beauty	Dependability	Health	Optimism	Self-control	Wholeheartedness
Being the best	Dignity	Home	Order	Self-discipline	Wisdom
Belonging	Diligence	Honesty	Originality	Self-expression	Zeal
Benevolence	Diversity	Hope	Parenting	Selflessness	
Boldness	Efficiency	Humility	Passion	Self-respect	Additional:
Brilliance	Empathy	Humor	Patience	Serenity	
Calmness	Encouragement	Inclusion	Peace	Service	
Career	Enthusiasm	Independence	Perfection	Simplicity	
Caring	Environment	Individuality	Performance	Spirituality	
Challenge	Equality	Initiative	Perseverance	Sportingship	
Charity	Ethics	Innovation	Personal Development	Stability	
Cheerfulness	Excellence	Inspiration	Personal fulfillment	Stewardship	
Cleverness	Expressiveness	Integrity	Playfulness	Success	
Collaboration	Fairness	Intelligence	Popularity	Teamwork	
Collaboration	Faith	Intuition	Power	Thankfulness	
Commitment	Family	Job security	Preparedness	Thoughtfulness	
Community	Financial stability	Joy	Pride	Thrift	

Values Identification Instructions

- 1) Mark the values that speak to you. There will be many values that you believe “good people” have, but that doesn’t mean that you are not a good person for not holding that value. Values live in a matrix of community, and so if we can all hold tightly to the values that really “fuel the car” then each of us is being exactly who we are meant to be.
- 2) Let the list simmer. 5 minutes or a day. However much time you need to be able to “shake off” the initial selection process, but not so much time that you’ll forget to complete it.
- 3) Go back and highlight the values that you cannot live without. Notice the values that you feel compelled to select because of outside “shoulds” and which values feel that they come from an internal place.
- 3) Let it simmer again.
- 4) Group the values in anywhere from 2-5 groups. Try not to create categories, but instead just see what seems to “belong” together.
- 5) Look through your groups and select the overarching value from each group.
- 6) Your overarching values are your Core Values, but all of the values that are in the group define your core values. If sharing with others, share the entire group, not just the Core Values. One person’s “Relationships” could look wildly different than another’s, and conversely, two seemingly very different Core Values could be defined very similarly.

Your values will shift and adjust over time. Use these as a guide and listen to your inner voice if you feel an adjustment needs to be made.