



Values – What is Important to You?

Accountability	Cooperation	Freedom	Loyalty
Achievement/accomplishment	Courage	Frugality/prudence	Making a difference
Activity/work	Creativity	Fun/laughter/play/humour	Mastery/excellence
Adaptability/flexibility	Curiosity/inquisitiveness	Generosity	Mindfulness
Adventure	Decisiveness	Gratitude	Nature
Aesthetics/beauty	Dependability/reliability	Growth	Openness
Affluence	Determination	Mentoring/teaching	Optimism
Altruism/charity/service	Dignity	Happiness	Order
Autonomy/independence	Discipline	Harmony/peace/unity	Uniqueness
Awe/wonder	Duty	Helping	Perseverance
Balance	Efficiency	Honesty/truth	Personal growth
Belonging/community	Empathy	Humility	Power
Calmness/serenity	Empowerment	Impact	Pragmatism
Caring/nurturing	Endurance	Inclusivity	Productivity
Certainty	Environment	Innovation	Quality
Challenge	Equality	Integrity	Reason
Change	Ethics	Intimacy	Reflection
Collaboration	Excellence	Involvement	Resilience
Comfort	Exploration	Intellectual engagement	Respect
Commitment	Fairness/justice	Kindness	Solving problems
Communication	Faith	Knowledge/wisdom	Spirituality/transcendence
Compassion	Family/tradition	Leadership	Spontaneity
Competence	Financial security	Learning/education	Stability
Confidence	Fitness/vitality/health	Leisure/relaxation	Thoughtfulness
Contribution	Flow	Love	Usefulness

From the words above and/or using your own words create a list of *your* values.
There is no right number of values. Still, work on getting your list down to about ten values.
Use one word per value or lump similar values together as done above to get the number down.
Then, order your values by priority. Having difficulty prioritizing? Compare two values to one another.
If you could only pick one of them, which would stay? That one has a higher priority.
Your list of prioritized values is your internal compass. As you change and grow, that compass can and will change over time. Refresh your values list regularly.

My values not listed above:
