

**Determine your core values.** Highlight the values that resonate most with you. Do not overthink it. If you think of a value you possess that is not on the list, write it down as well.

Abundance	Excellence	Personal Development
Acceptance	Expressiveness	Proactive
Accountability	Fairness	Professionalism
Achievement	Family	Playfulness
Advancement	Friendships	Popularity
Adventure	Flexibility	Power
Advocacy	Freedom	Preparedness
Ambition	Fun	Punctuality
Appreciation	Generosity	Quality
Attractiveness	Grace	Recognition
Autonomy	Growth	Relationships
Balance	Flexibility	Reliability
Being the Best	Happiness	Resilience
Benevolence	Health	Resourcefulness
Boldness	Honesty	Responsibility
Brilliance	Humility	Responsiveness
Calmness	Humor	Risk Taking
Caring	Inclusiveness	Safety
Challenge	Independence	Security
Charity	Individuality	Self-Control
Cheerfulness	Innovation	Selflessness
Cleverness	Inspiration	Service
Community	Intelligence	Simplicity
Commitment	Intuition	Spirituality
Compassion	Joy	Stability
Cooperation	Kindness	Success
Collaboration	Knowledge	Teamwork
Consistency	Leadership	Thankfulness
Contribution	Learning	Thoughtfulness
Creativity	Love	Traditionalism
Credibility	Loyalty	Trustworthiness
Curiosity	Making a Difference	Understanding
Daring	Mindfulness	Uniqueness
Decisiveness	Motivation	Usefulness
Dedication	Optimism	Versatility
Dependability	Open-Mindedness	Warmth
Diversity	Originality	Wealth
Empathy	Passion	Well-Being
Encouragement	Peace	Wisdom
Enthusiasm	Perfection	Zeal
Equity	Performance	

**Other values you hold (not listed above):**

**Choose your top 10 values:**

**Narrow your list down to 2-3 core values.** (You may choose to combine some or name the values in different words than above.)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Highlight other values that show up.** Make note of the values (not on your core list) that you enact as you live and work within the systems, communities, and culture around you.

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**Where do these values come from? And how do they show up for you?:**

**How do they relate to your core values?**

**What do you want to remember about these other values?**