

# Identify your values



From the list below, circle every core value that resonates with you. Once you have done that, take time to select your top five.

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