

CORE VALUES



What are your core values? How do your values drive your actions?

Instructions:

Listed below are 50 values. Read through the list. When you find a value that describes you, circle it. Next, condense the circled list to 10 values that most describe you. Finally, reflect on the meaning of each of these 10 values, and ask yourself if they are congruent with the choices you make and the actions you take on a daily basis. If so, great! Keep it up! If not, look at how you may create a life of greater integrity and happiness. Enjoy!

ACCEPTANCE
To be accepted as I am

ACCURACY
To be correct in my opinions and actions

ACHIEVEMENT
To accomplish and achieve

ADVENTURE
To have new and exciting experiences

ATTRACTIVENESS
To be physically attractive

AUTHORITY
To be in charge of others

AUTONOMY
To be self-determining and independent

BEAUTY
To appreciate beauty around us

CARING
To take care of others

COMFORT
To have a pleasant, enjoyable life

COMMITMENT
To make a long-lasting and deep commitment to another person

COMPASSION
To feel and show concern for others

COMPLEXITY
To have a life full of variety and change

CONTRIBUTION
To make a contribution that will last after I am gone

COURTESY
To be polite and considerate to others

CREATIVITY
To have new and original ideas

DEPENDABILITY
To be reliable and trustworthy

DUTY
To carry out my duties and responsibilities

ECOLOGY
To live in harmony with and protect the environment

FAME
To be known and recognized

FAMILY
To have a happy, loving family

FLEXIBILITY
To adjust to new or unusual situations easily

FORGIVENESS
To be forgiving of others

FRIENDS
To have close supportive friends

FUN
To play and have fun

GENEROSITY
To give what I have to others

GENUINENESS
To behave in a manner that is true to who I am

GOD'S WILL
To seek and obey the will of God

GROWTH
To keep changing and growing

HEALTH
To be physically well & healthy

HELPLESSNESS
To be helpful to others

HONESTY
To be truthful & genuine

HUMILITY
To be modest and unassuming

HUMOR
To see the humorous side of myself and the world

INDEPENDENCE
To be free from depending on others

INDUSTRY
To work hard and well at my life tasks

INNER PEACE
To experience inner peace

INTIMACY
To share my innermost experience with others

JUSTICE
To promote equal and fair treatment to all

KNOWLEDGE
To learn and possess valuable knowledge

LEISURE
To make time to relax and enjoy

LOGIC
To live rationally and sensibly

LOVED
To be loved by those close to me

LOVING
To give love to others

MASTERY
To be competent in my everyday activities

MODERATION
To avoid excess and find a middle ground

MONOGAMY
To have one close, loving relationship

ORDERLINESS
To have a life that is well ordered and organized

PLEASURE
To have experiences that feel good

POPULARITY
To be well-liked by many people

POWER
To have control over others

PURPOSE
To have meaning and direction in life

REALISM
To see and act realistically and practically

RESPONSIBILITY
To make and carry out important decisions

RISK
To take risks and chances

ROMANCE
To have intense, exciting love in my life

SAFETY
To be safe and secure

SELF-ACCEPTANCE
To like myself as I am

SELF-CONTROL
To be self-disciplined and govern my own activities

SELF-ESTEEM
To feel positive about myself

SELF-KNOWLEDGE
To have a deep, honest understanding of myself

SERVICE
To be of service to others

SEXUALITY
To have an active and satisfying sex life

SIMPLICITY
To live life simply, with minimal needs

SPIRITUALITY
To grow spiritually

STABILITY
To have a life that stays fairly consistent

STRENGTH
To be physically strong

TOLERANCE
To accept and respect those different from me

VIRTUE
To live a morally pure and excellent life

WEALTH
To have plenty of money

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