

246 CORE VALUES



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

Instructions:

Listed below are 246 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 then transfer them to the accompanying worksheet. Enjoy!

ACCEPTANCE
To be accepted as I am

ACCOMPLISHMENT
To get things done

ACCOUNTABILITY
To be responsible for my actions

ACCURACY
To be correct in my opinions and actions

ACHIEVEMENT
To accomplish and achieve

ADAPTABILITY
To be able to adapt to changes

ADVENTURE
To have new and exciting experiences

ALERTNESS
To be aware and prepared

ALTRUISM
To be concerned for other's well-being

AMBITION
To have a desire to reach my goals

AMUSEMENT
To find joy in simple things

ASSERTIVENESS
To be direct and honest in my judgment

ATTENTIVE
To pay close attention

ATTRACTIVENESS
To be physically attractive

AUTHORITY
To be in charge of others

AUTONOMY
To be self-determining and independent

AWARENESS
To be aware of the surroundings

BALANCE
To find balance in life

BOLDNESS
To find confidence and take risks

BRAVERY
To have courage

BEAUTY
To appreciate the beauty around us

BRILLIANCE
To be exceptional

CALM
To be in a state of peace of mind

CANDOR
To be open and honest

CAPABLE
To have the ability to do

CAREFUL
To be cautious

CARING
To take care of others

CERTAINTY
To establish beyond doubt

CHALLENGE
To be able to test my limitations

CHARITY
To give to others

CLEANLINESS
To achieve and maintain the state of being clean

CLEAR
To be transparent

CLEVER
To be quick-witted

COMFORT
To have a pleasant, enjoyable life

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

COMMON SENSE
To have good sense and sound judgment

COMMUNICATION
To express and receive opinions and ideas

COMMUNITY
To have shared values with others

COMPASSION
To feel and show concern for others

COMPETENCE
To be effective and reliable

COMPLEXITY
To have a life full of variety and change

CONCENTRATION
To be able to focus my attention

CONFIDENCE
To be firm in my decision

CONNECTION
To have a relationship that strengthens and nourishes me

CONSCIOUSNESS
To be aware of internal and external existence

CONSISTENCY
To act similarly to previous actions

CONTENTMENT
To be grateful for what I have

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

CONTROL
To have influence

CONVICTION
To have a firmly held belief or opinion

COOPERATION
To work with others harmoniously

COURAGE
To overcome my fears

COURTESY
To be polite and considerate to others

CREATIVITY
To have new and original ideas

CREDIBILITY
To be trusted

CURIOSITY
To have a strong desire to learn

DECISIVENESS
To be able to make quick and effective decisions

DEDICATION
To be committed to a purpose

DEPENDABILITY
To be reliable and trustworthy

DETERMINATION
To have a steadfast resolve

DEVELOPMENT
To gain growth

DEVOTION
To be loyal and enthusiastic about something

DIGNITY
To be worthy of respect

DISCIPLINE
To have self-control

DISCOVERY
To explore and uncover the unknown

DRIVE
To have the urge to attain my goals

DUTY
To carry out my duties and responsibilities

ECOLOGY
To live in harmony with and protect the environment

EFFECTIVENESS
To produce a desired result

EFFICIENCY
To be effective with the least number of resources

EMPATHY
To understand and share the feelings of others

EMPOWER
To strengthen other's resolve

Angelika Olsen
LIFESTYLE COACH

246 CORE VALUES



ENDURANCE To be able to withstand the tests of time	FUN To play and have fun	INDUSTRY To work hard and well at my life tasks
ENERGY To have the power to finish the day	GENEROSITY To give what I have to others	INNER PEACE To experience inner peace
ENJOYMENT To find fulfillment in my actions	GENIUS To have exceptional intellect	INNOVATION To make changes that benefit everyone
ENTHUSIASM To be able to look forward to future events	GENUINENESS To behave in a manner that is true to who I am	INQUISITIVE To question everything
EQUALITY To be equal in every aspect	GIVING To provide love and support for others	INSIGHTFUL To be perceptive
ETHICAL To follow the moral principles of society	GOD'S WILL To seek and obey the will of God	INSPIRING To encourage others to be better
EXCELLENCE To be outstanding	GOODNESS To be morally good	INTEGRITY To be morally upright
EXPERIENCE To understand how things work through familiarity	GRACE To be simple yet elegant	INTELLIGENCE To have the ability to learn, analyze, and understand complex situations
EXPLORATION To dive deeper into unfamiliar areas	GRATITUDE To express my appreciation to others	INTENSITY To have the passion to pursue solutions to my problems
EXPRESSIVE To convey my thoughts and emotions	GREATNESS To be great and distinguished	INTIMACY To share my innermost experience with others
FAIRNESS To have no discrimination or favoritism	GROWTH To keep changing and growing	INTUITIVE To make quick judgments based on what's right and proper
FAME To be known and recognized	HAPPINESS To be in a state of well-being and contentment	IRREVERENT To challenge norms with humor and creativity
FAMILY To have a happy, loving family	HARD WORK To endure hardships	JOY To feel great pleasure and happiness
FEARLESS To be able to face and embrace the unknown	HARMONY To be tuned with the world and others	JUSTICE To promote equal and fair treatment to all
FEELINGS To react accordingly	HEALTH To be physically well & healthy	KINDNESS To treat everyone with respect and compassion
FEROCIOUS To show fury or malignity in looks or actions	HELPLESSNESS To be helpful to others	KNOWLEDGE To learn and possess valuable knowledge
FIDELITY To be faithful to a person or a cause	HONESTY To be truthful & genuine	LAWFUL To uphold ethical standards and act with integrity
FLEXIBILITY To adjust to new or unusual situations easily	HONOR To have high respect and self-esteem	LEADERSHIP To take initiative and inspire others
FOCUS To pay particular attention	HOPE To look forward to my desires	LEARNING To continuously seek knowledge and develop my skills
FORESIGHT To anticipate the future	HUMILITY To be modest and unassuming	LEISURE To make time to relax and enjoy
FORGIVENESS To be forgiving of others	HUMOR To see the humorous side of myself and the world	LIBERTY To embrace freedom and independence with responsibility
FORTITUDE To have courage even in pain or adversity	IMAGINATION To create and visualize things with my mind	LOGIC To live rationally and sensibly
FREEDOM To be free	IMPROVEMENT To continue improving	LOVED To be loved by those close to me
FRIENDS To have close supportive friends	INDEPENDENCE To be free from depending on others	LOVING To give love to others
	INDIVIDUALITY To be unique and distinguishable from others	

Angelika Olsen
LEADERSHIP COACH

246 CORE VALUES



LOYALTY
To be dependable and committed

MASTERY
To be competent in my everyday activities

MATURITY
To act with thoughtfulness and responsibility

MEANING
To find purpose in my actions

MODERATION
To avoid excess and find a middle ground

MONOGAMY
To have one close, loving relationship

MOTIVATION
To drive myself to achieve my full potential

OPENNESS
To be receptive to new ideas and perspectives

OPTIMISM
To have a positive outlook on life

ORDERLINESS
To have a life that is well-ordered and organized

ORIGINALITY
To embrace fresh ideas

PASSION
To pursue my goals with enthusiasm

PATIENCE
To understand that growth takes time and effort

PEACE
To find my inner calm

PERFORMANCE
To deliver excellence in everything I do

PERSISTENCE
To never give up on my dreams

PLAYFULNESS
To maintain a lighthearted spirit and find joy in the journey

PLEASURE
To have experiences that feel good

POISE
To maintain grace and composure under pressure

POPULARITY
To be well-liked by many people

POTENTIAL
To have the capacity to be even better

POWER
To have control over others

PRESENT
To be mindful and engaged in the here and now

PRODUCTIVITY
To produce meaningful results

PROFESSIONALISM
To maintain a polished and ethical demeanor

PROSPERITY
To strive for my success and well-being

PURPOSE
To have meaning and direction in life

QUALITY
To set high standards for my work

REALISM
To see and act realistically and practically

REASON
To have logical and sound judgment

RECOGNITION
To acknowledge and appreciate the contribution of myself and others

RECREATION
To make time for activities that bring me joy

REFLECTIVE
To take my time and learn from experience

RESPECT
To treat everyone with dignity and consideration

RESPONSIBILITY
To make and carry out important decisions

RESTRAINT
To exercise self-control

RESULTS-ORIENTED
To focus on achieving my goals and getting things done

REVERENCE
To show respect and appreciation for what's important to me

RIGOR
To approach things with thoroughness and discipline

RISK
To take risks and chances

ROMANCE
To have intense, exciting love in my life

SAFETY
To be safe and secure

SATISFACTION
To find fulfillment and contentment in my life

SELF-ACCEPTANCE
To like myself as I am

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

SELF-ESTEEM
To feel positive about myself

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

SELF-RELIANCE
To be independent

SELFLESS
To put others before my own

SENSITIVITY
To be aware and considerate of the feelings of others

SERENITY
To cultivate my inner peace and calmness

SERVICE
To be of service to others

SEXUALITY
To have an active and satisfying sex life

SHARING
To give my time, resources, and knowledge to others

SIGNIFICANCE
To make a positive impact

SILENCE
To value quiet contemplation

SIMPLICITY
To live life simple, with minimal needs

SINCERITY
To be genuine and authentic in my actions

SKILLFULNESS
To be proficient in my field

SMART
To use my intelligence and make wise choices

SOLITUDE
To enjoy spending time alone for reflection

SPIRIT
To maintain a positive attitude and enthusiasm for life

SPIRITUALLY
To grow spiritually

SPONTANEOUS
To be random and act out of impulse (in a good way)

STABILITY
To have a life that stays fairly consistent

STATUS
To find value in recognition and achievement

STEWARDSHIP
To take responsibility for protecting and nurturing something valuable

STRENGTH
To be physically strong

STRUCTURE
To thrive on organization and clear plans

Angelika Olsen
LIFESTYLE COACH

246 CORE VALUES



SUCCESS To pursue excellence and strive to achieve my goals	UNITY To work with others and create a sense of wholeness and belonging
SUPPORT To offer help and encouragement to others	VALOR To show courage and bravery in the face of difficulty
SURPRISE To embrace the unexpected and find joy in novelty	VICTORY To celebrate achievements and overcome obstacles
SUSTAINABILITY To make choices that consider my long-term well-being	VIGOR To approach life with energy and enthusiasm
TALENT To recognize and develop my natural abilities	VIRTUE To live a morally pure and excellent life
TEAMWORK To work effectively with others to achieve a common goal	VISION To have a clear idea of what I want to achieve
TEMPERANCE To practice self-control and moderation	VITALITY To be full of life and energy
THANKFUL To appreciate the good things in life	WEALTH To have plenty of money
THOROUGH To be meticulous and complete in my work	WELCOMING To be open and inviting to others
THOUGHTFUL To consider the feelings and needs of others before acting	WINNING To focus on achieving success while valuing the process and learning
TIMELINESS To value punctuality and stick to deadlines	WISDOM To use my knowledge and experience to make sound decisions
TOLERANCE To accept and respect those different from me	WONDER To maintain a sense of curiosity and awe about the world
TOUGHNESS To persevere through challenges and show resilience	
TRADITIONAL To value established customs and practices	
TRANQUILITY To seek my inner peace and calmness	
TRANSPARENCY To be open and honest	
TRUSTWORTHY To be reliable and dependable	
TRUTH To find value in honesty and integrity	
UNDERSTANDING To empathize and see things from others' perspectives	
UNIQUENESS To embrace what makes me different and stand out	