

Values List

Becoming The Greatest Expression of You ~ Living Your Values

Define Your Values

1. When are/were you the happiest? Who were you with? What were you doing?
2. When are/were you the most proud? Why? Who (if anyone) shared your pride with you?
3. When are/were you the most satisfied? What desire or need is fulfilled? How and why did the experience give your life meaning?
4. From the **Values List** below select the ten that are most important to you-as guides for how to behave, or as components of being your best self. Feel free to add any values of your own to this list.
5. Now select your top five values.
6. What does it mean to you to live your life from these top five values?
7. Are you in alignment with your values?
8. Are your goals in alignment with your values?
9. Are there areas of your life that are inconsistent with your values?
10. Is your *Greatest Expression of You* statement congruent with your values?

Values List

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| 1. Abundance | 15. Affection | 29. Articulacy |
| 2. Acceptance | 16. Affluence | 30. Artistry |
| 3. Accessibility | 17. Aggressiveness | 31. Assertiveness |
| 4. Accomplishment | 18. Agility | 32. Assurance |
| 5. Accountability | 19. Alertness | 33. Attentiveness |
| 6. Accuracy | 20. Altruism | 34. Attractiveness |
| 7. Achievement | 21. Amazement | 35. Audacity |
| 8. Acknowledgement | 22. Ambition | 36. Authenticity |
| 9. Activeness | 23. Amusement | 37. Availability |
| 10. Adaptability | 24. Anticipation | 38. Awareness |
| 11. Adoration | 25. Appreciation | 39. Awe |
| 12. Adroitness | 26. Approachability | 40. Balance |
| 13. Advancement | 27. Approval | 41. Beauty |
| 14. Adventure | 28. Art | 42. Being the best |

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| 43. Belonging | 89. Control | 135. Effectiveness |
| 44. Benevolence | 90. Conviction | 136. Efficiency |
| 45. Bliss | 91. Conviviality | 137. Elation |
| 46. Boldness | 92. Coolness | 138. Elegance |
| 47. Bravery | 93. Cooperation | 139. Empathy |
| 48. Brilliance | 94. Cordiality | 140. Encouragement |
| 49. Buoyancy | 95. Correctness | 141. Endurance |
| 50. Calmness | 96. Country | 142. Energy |
| 51. Camaraderie | 97. Courage | 143. Enjoyment |
| 52. Candor | 98. Courtesy | 144. Entertainment |
| 53. Capability | 99. Craftiness | 145. Enthusiasm |
| 54. Care | 100. Creativity | 146. Environmentalism |
| 55. Carefulness | 101. Creativity | 147. Ethics |
| 56. Celebrity | 102. Credibility | 148. Euphoria |
| 57. Certainty | 103. Cunning | 149. Excellence |
| 58. Challenge | 104. Curiosity | 150. Excitement |
| 59. Change | 105. Daring | 151. Exhilaration |
| 60. Charity | 106. Decisiveness | 152. Expectancy |
| 61. Charm | 107. Decorum | 153. Expediency |
| 62. Chastity | 108. Deference | 154. Experience |
| 63. Cheerfulness | 109. Delight | 155. Expertise |
| 64. Citizenship | 110. Dependability | 156. Exploration |
| 65. Clarity | 111. Depth | 157. Expressiveness |
| 66. Cleanliness | 112. Desire | 158. Extravagance |
| 67. Clear-mindedness | 113. Determination | 159. Extroversion |
| 68. Cleverness | 114. Devotion | 160. Exuberance |
| 69. Closeness | 115. Devoutness | 161. Fairness |
| 70. Comfort | 116. Dexterity | 162. Faith |
| 71. Commitment | 117. Dignity | 163. Fame |
| 72. Community | 118. Diligence | 164. Family |
| 73. Compassion | 119. Direction | 165. Fascination |
| 74. Competence | 120. Directness | 166. Fashion |
| 75. Competition | 121. Discipline | 167. Fearlessness |
| 76. Completion | 122. Discovery | 168. Ferocity |
| 77. Composure | 123. Discretion | 169. Fidelity |
| 78. Concentration | 124. Diversity | 170. Fierceness |
| 79. Confidence | 125. Dominance | 171. Financial
independence |
| 80. Conformity | 126. Dreaming | 172. Firmness |
| 81. Congruency | 127. Drive | 173. Fitness |
| 82. Connection | 128. Duty | 174. Flexibility |
| 83. Consciousness | 129. Dynamism | 175. Flow |
| 84. Conservation | 130. Eagerness | 176. Fluency |
| 85. Consistency | 131. Ease | 177. Focus |
| 86. Contentment | 132. Economy | 178. Forgiveness |
| 87. Continuity | 133. Ecstasy | 179. Fortitude |
| 88. Contribution | 134. Education | |

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| 180. Frankness | 226. Intrepidity | 271. Openness |
| 181. Freedom | 227. Introspection | 272. Optimism |
| 182. Friendliness | 228. Introversion | 273. Order |
| 183. Friendship | 229. Intuition | 274. Organization |
| 184. Frugality | 230. Intuitiveness | 275. Originality |
| 185. Fun | 231. Inventiveness | 276. Outdoors |
| 186. Gallantry | 232. Investing | 277. Outlandishness |
| 187. Generosity | 233. Involvement | 278. Outrageousness |
| 188. Gentility | 234. Joy | 279. Partnership |
| 189. Giving | 235. Judiciousness | 280. Patience |
| 190. Grace | 236. Justice | 281. Passion |
| 191. Gratitude | 237. Keeness | 282. Peace |
| 192. Gregariousness | 238. Kindness | 283. Perceptiveness |
| 193. Growth | 239. Knowledge | 284. Perfection |
| 194. Guidance | 240. Laughter | 285. Perkiness |
| 195. Happiness | 241. Leadership | 286. Perseverance |
| 196. Harmony | 242. Learning | 287. Persistence |
| 197. Health | 243. Liberation | 288. Persuasiveness |
| 198. Heart | 244. Liberty | 289. Philanthropy |
| 199. Helpfulness | 245. Lightness | 290. Piety |
| 200. Heroism | 246. Liveliness | 291. Playfulness |
| 201. Holiness | 247. Logic | 292. Pleasantness |
| 202. Honesty | 248. Longevity | 293. Pleasure |
| 203. Honor | 249. Love | 294. Poise |
| 204. Hopefulness | 250. Loyalty | 295. Polish |
| 205. Hospitality | 251. Majesty | 296. Popularity |
| 206. Humility | 252. Making a
difference | 297. Potency |
| 207. Humor | 253. Marriage | 298. Power |
| 208. Hygiene | 254. Mastery | 299. Practicality |
| 209. Imagination | 255. Maturity | 300. Pragmatism |
| 210. Impact | 256. Meaning | 301. Precision |
| 211. Impartiality | 257. Meekness | 302. Preparedness |
| 212. Independence | 258. Mellowness | 303. Presence |
| 213. Individuality | 259. Meticulousness | 304. Pride |
| 214. Industry | 260. Mindfulness | 305. Privacy |
| 215. Influence | 261. Modesty | 306. Proactivity |
| 216. Ingenuity | 262. Moral | 307. Professionalism |
| 217. Inner Harmony | 263. Motivation | 308. Prosperity |
| 218. Inquisitiveness | 264. Mysteriousness | 309. Prudence |
| 219. Insightfulness | 265. Nature | 310. Punctuality |
| 220. Inspiration | 266. Neatness | 311. Purity |
| 221. Integrity | 267. Nerve | 312. Rationality |
| 222. Intellect | 268. Nonconformity | 313. Realism |
| 223. Intelligence | 269. Obedience | 314. Reason |
| 224. Intensity | 270. Open-mindedness | 315. Reasonableness |
| 225. Intimacy | | 316. Recognition |

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| 317. Recreation | 363. Solitude | 409. Vision |
| 318. Refinement | 364. Sophistication | 410. Vitality |
| 319. Reflection | 365. Soundness | 411. Vivacity |
| 320. Relaxation | 366. Speed | 412. Volunteering |
| 321. Reliability | 367. Spirit | 413. Warm-heartedness |
| 322. Relief | 368. Spirituality | 414. Warmth |
| 323. Religiousness | 369. Spontaneity | 415. Watchfulness |
| 324. Reputation | 370. Spunk | 416. Wealth |
| 325. Resilience | 371. Stability | 417. Willfulness |
| 326. Resolution | 372. Status | 418. Willingness |
| 327. Resolve | 373. Stealth | 419. Winning |
| 328. Resourcefulness | 374. Stillness | 420. Wisdom |
| 329. Respect | 375. Strength | 421. Wittiness |
| 330. Responsibility | 376. Structure | 422. Wonder |
| 331. Rest | 377. Success | 423. Worthiness |
| 332. Restraint | 378. Support | 424. Youthfulness |
| 333. Reverence | 379. Supremacy | 425. Zeal |
| 334. Richness | 380. Surprise | |
| 335. Rigor | 381. Sympathy | |
| 336. Sacredness | 382. Synergy | |
| 337. Sacrifice | 383. Teaching | |
| 338. Sagacity | 384. Teamwork | |
| 339. Saintliness | 385. Temperance | |
| 340. Sanguinity | 386. Thankfulness | |
| 341. Satisfaction | 387. Thoroughness | |
| 342. Science | 388. Thoughtfulness | |
| 343. Security | 389. Thrift | |
| 344. Self-control | 390. Tidiness | |
| 345. Selflessness | 391. Timeliness | |
| 346. Self-reliance | 392. Traditionalism | |
| 347. Self-respect | 393. Tranquility | |
| 348. Sensitivity | 394. Transcendence | |
| 349. Sensuality | 395. Trust | |
| 350. Serenity | 396. Trustworthiness | |
| 351. Service | 397. Truth | |
| 352. Sexiness | 398. Understanding | |
| 353. Sexuality | 399. Unflappability | |
| 354. Sharing | 400. Uniqueness | |
| 355. Shrewdness | 401. Unity | |
| 356. Significance | 402. Usefulness | |
| 357. Silence | 403. Utility | |
| 358. Silliness | 404. Valor | |
| 359. Simplicity | 405. Variety | |
| 360. Sincerity | 406. Victory | |
| 361. Skillfulness | 407. Vigor | |
| 362. Solidarity | 408. Virtue | |