

Identifying Core Values

Playfulness	Courage	Humility
Purpose	Simplicity	Expression
Individuality	Learning	Persistence
Enjoyment	Discipline	Generosity
Community	Vision	Optimism
Acceptance	Respectfulness	Goals
Achievement	Flexibility	Gratitude
Adventure	Equality	Growth
Affection	Compassion	Happiness
Altruism	Connection	Health
Ambition	Contribution	Helping Others
Appreciation	Cooperation	High Expectations
Authenticity	Creativity	Honesty
Authority	Democracy	Hope
Autonomy	Effectiveness	Humility
Balance	Efficiency	Humour
Beauty	Equality	Imaginations
Belonging	Equity	Independence
Caring	Excellence	Influence
Celebration	Excitement	Initiative
Challenge	Expertise	Integrity
Choice	Fame	Intuition
Collaboration	Fairness	Interdependence
Commitment	Faith	Joy
Communication	Family	Justice
Knowledge	Flexibility	Kindness
Leadership	Focus	Responsibility
Loyalty	Forgiveness	Results
Making A Difference	Freedom	Risk Taking
Meaningful Work	Friendship	Romance
Mindfulness	Pleasure	Self Expression
Nature	Positive Attitude	Self-Respect
Nurturing	Pride	Service
Order	Productivity	Sharing
Passion	Recognition	Solitude
Peace	Respect	Truth
Personal Growth	Time	Unity
Perseverance	Tolerance	Variety
Success	Travel	Zest

These values apply to work and personal life. This is not an exhaustive list - you are welcome to add your own.

Process:

- 1.Circle your top ten values.
- 2.Narrow those down to five.
- 3.Narrow those down to two.

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