



PERSONAL CORE VALUES

Accountability	Curiosity	Freedom
Achievement	Decisiveness	Fun
Adventure	Democracy	Generosity
Ambition	Dependability	Goodness
Assertiveness	Determination	Grace
Art	Diligence	Happiness
Balance	Discipline	Hard Work
Beauty	Diversity	Health
Belonging	Effectiveness	Helping others
Boldness	Efficiency	Honesty
Calmness	Ethics	Honor
Carefulness	Elegance	Humility
Challenge	Empathy	Improvement
Change	Enjoyment	Independence
Cheerfulness	Excitement	Influencing others
Commitment	Equality	Ingenuity
Community	Excellence	Inquisitiveness
Compassion	Expertise	Insightfulness
Competence	Exploration	Intelligence
Competitiveness	Expressiveness	Integrity
Consistency	Fairness	Intuition
Contentment	Faith	Joy
Contribution	Fame	Justice
Control	Family	Knowledge
Cooperation	Fitness	Leadership
Correctness	Focus	Legacy
Courtesy	Friendship	Love
Creativity	Financial security	

Loyalty	Purity	Support
Making a difference	Quality	Teamwork
Mastery	Recognition	Thoroughness
Meaningful work	Relationship	Thoughtfulness
Minimalism	Relaxation	Timeliness
Money	Reliability	Tolerance
Nature	Resourcefulness	Uniqueness
Openness	Respect	Unity
Order	Responsibility	Usefulness
Originality	Results-oriented	Vitality
Participation	Risk-taking	Wealth
Perfection	Security	Wisdom
Personal growth	Serenity	
Personal time	Self-care	
Physical challenge	Self-control	
Pleasure	Selflessness	
Positivity	Self-reliance	
Power	Sensitivity	
Practicality	Serenity	
Preparedness	Service	
Privacy	Simplicity	
Problem solving	Spirituality	
Professionalism	Spontaneity	
Prudence	Stability	
Public service	Status	
	Strength	
	Structure	
	Success	

Please feel free to add any other words that resonate with you more. These are just examples for you to use.

YOUR TOP 25

- 1.
- 2.
- 3.
- 4.
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- 25.

YOUR TOP 5

Some words will fall under the same category if you dig deep enough. For example, you may have fitness, wellness, energy, vitality, health, etc... For me, they are all important and I chose the word health. There are no right or wrong answers. Whatever feels right for you.

- 1.
- 2.
- 3.
- 4.
- 5.

YOUR NUMBER 1 VALUE

- 1.

