

A Values List

Find out your top 5 strongest values...

Abundance

Acceptance

Accomplishment

Accountability

Accuracy

Achievement

Adaptability

Adventure

Altruism

Ambition

Assertiveness

Authenticity

Authority

Awareness

Balance

Beauty

Being valued

Belonging

Boldness

Bravery

Calmness

Camaraderie

Caring

Certainty

Challenge

Charity

Cleanliness

Clarity

Clever

Collaboration

Comfort

Commitment

Communication

Community

Compassion

Confidence

Connection

Consistency

Contentment

Contribution

Control

Cooperation

Courage

Creativity

Curiosity

Decency

Decisiveness

Dedication

Dependability

Determination

Devotion

Dignity

Diligence

Directness

Discipline

Diversity

Efficiency

Elegance

Empathy

Endurance

Energy

Enjoyment

Enthusiasm

Equality/Equity

Ethical

Excellence

Excitement

Exploration

Fairness

Faithfulness

Family

Fidelity

Focus	Individuality	Partnership
Forgiveness	Inner Harmony	Passion
Free Spirit	Innovation	Patience
Freedom	Insightful	Peace
Friendship	Integrity	Playfulness
Fulfilment	Intelligence	Pleasure
Fun	Intuitive	Positivity
Generosity	Joy	Power
Giving	Justice	Productivity
Goodness	Kindness	Professionalism
Grace	Knowledge	Prosperity
Gratitude	Leadership	Purpose
Growth	Learning	Quality
Happiness	Love	Rationality
Hard Work	Loyalty	Recognition
Harmony	Maturity	Relationship
Health	Meaning	Relaxation
Helpfulness	Motivation	Respect
Honesty	Nurturing	Responsibility
Honour	Openness	Risk-Taking
Hospitality	Optimism	Security
Humility	Order	Self-Actualisation
Humour	Organisation	Self-Development
Imagination	Originality	Self-Expression
Independence	Participation	Self-Reliance

Self-Respect

Trust

Selflessness

Understanding

Sensitivity

Uniqueness

Serenity

Unity

Service

Variety

Sharing

Vitality

Silence

Wealth

Simplicity

Welcoming

Sincerity

Well-being

Skilfulness

Wisdom

Solitude

Zest

Spirituality

Others:

Stability

Strength

Structure

Success

Support

Sustainability

Teamwork

Thoughtful

Timeliness

Tolerance

Tradition

Tranquillity

Transparency