

Values

Our values are the map to who we are and what is meaningful to us. They define us and guide our choices in life. Understanding what you value will help you know what areas of your life need attention, will help you prioritize, and help make decisions. Select 3-4 of your most important values from the list below.



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|----------------|---------------------|----------------------|------------------|
| Accountability | Excellence | Leisure | Serenity |
| Achievement | Faith | Love | Service |
| Adaptability | Family | Loyalty | Simplicity |
| Adventure | Financial Stability | Morals | Spirituality |
| Altruism | Forgiveness | Nature | Sportsmanship |
| Ambition | Freedom | Openness | Stability |
| Authenticity | Friendship | Optimism | Status |
| Autonomy | Fun | Order | Stewardship |
| Balance | Generosity | Parenthood | Success |
| Beauty | Grace | Patience | Teamwork |
| Belonging | Gratitude | Patriotism | Thrift |
| Boldness | Growth | Peace | Time |
| Career | Harmony | Perseverance | Tradition |
| Caring | Health | Personal Fulfillment | Travel |
| Challenge | Home | Pleasure | Trustworthiness |
| Citizenship | Honesty | Poise | Truth |
| Collaboration | Hope | Popularity | Understanding |
| Commitment | Humility | Power | Uniqueness |
| Community | Humour | Pride | Usefulness |
| Compassion | Inclusion | Productivity | Variety |
| Competency | Influence | Reason | Vulnerability |
| Connection | Independence | Recognition | Wealth |
| Contentment | Inner Harmony | Reliability | Well-being |
| Contribution | Integrity | Resourcefulness | Wholeheartedness |
| Cooperation | Intuition | Reputation | Wisdom |
| Creativity | Joy | Respect | |
| Curiosity | Justice | Responsibility | Add your own: |
| Dignity | Kindness | Safety | _____ |
| Diversity | Knowledge | Security | |
| Environment | Leadership | Self-discipline | _____ |
| Efficiency | Learning | Self-expression | |
| Equality | Legacy | Self-respect | |
| Ethics | | | |