

VALUES EXERCISE

Abundance	Emotional Intelligence	Integrity	Risk taking
Accountability	Empathy	Joy	Security
Accuracy	Enjoyment	Justice	Self-actualization
Achievement	Enthusiasm	Kindness	Self-control
Advancement	Equality	Leadership	Selflessness
Adventurousness	Excellence	Learning	Self-reliance
Altruism	Excitement	Leisure	Sensitivity
Ambition	Experimentation	Legacy	Serenity
Assertiveness	Expertise	Love	Service
Attention to detail	Exploration	Loyalty	Shrewdness
Authenticity	Expressiveness	Making a difference	Simplicity
Balance	Fairness	Mastery	Soundness
Being the best	Faith	Moral fulfillment	Speed
Belonging	Family-orientedness	Open communication	Spontaneity
Boldness	Fidelity	Openness	Stability
Calmness	Financial Security	Optimism	Strategic
Carefulness	Freedom	Order	Strength
Challenging myself	Focus	Originality	Structure
Collaboration	Friendship	Perfection	Success
Commitment	Fun	Patriotism	Support
Community	Generosity	Personal expression	Taking responsibility
Compassion	Global awareness	Personal Growth	Teamwork
Competitiveness	Goodness	Positivity	Temperance
Consistency	Grace	Practicality	Thankfulness
Contentment	Growth	Preparedness	Thoroughness
Continuous Improvement	Happiness	Professionalism	Thoughtfulness
Contribution	Hard Work	Physical challenge	Timeliness
Control	Harmony	Play	Tolerance
Courage	Health	Power	Traditionalism
Creativity	Helping others	Pride	Tranquility
Curiosity	Honesty	Protecting the environment	Trustworthiness
Decisiveness	Honor	Quality-orientation	Truth-seeking
Democratic	Humility	Quality of life	Understanding
Dependability	Independence	Quiet times	Uniqueness
Determination	Ingenuity	Recognition	Unity
Diligence	Influence	Relationships	Usefulness
Discipline	Innovation	Reliability	Vision
Discretion	Inquisitiveness	Resourcefulness	Vitality
Diversity	Insightfulness	Respect	
Effectiveness	Intelligence	Restraint	
Efficiency	Intellectual Status	Results-oriented	