

Discover Your Core Values

From the list below, find all the core values that resonate with you and write them on a piece of paper. Make your selections without overthinking. If you come up with a value not on the list, add it to your list.

Abundance	Decisiveness	Joy	Proactively
Acceptance	Dedication	Kindness	Professionalism
Accountability	Dependability	Knowledge	Punctuality
Achievement	Empathy	Leadership	Purpose
Advancement	Encouragement	Learning	Recognition
Adventure	Enthusiasm	Love	Relationships
Ambition	Ethics	Loyalty	Reliability
Appreciation	Excellence	Making a Difference	Resilience
Attractiveness	Expressiveness	Mindfulness	Resourcefulness
Autonomy	Fairness	Motivation	Security
Balance	Family	Optimism	Self-Control
Being the Best	Friendships	Open-Mindedness	Selflessness
Benevolence	Flexibility	Originality	Simplicity
Boldness	Freedom	Passion	Stability
Brilliance	Fun	Performance	Success
Caring	Generosity	Personal Development	Teamwork
Challenge	Grace	Proactive	Thankfulness
Charity	Growth	Professionalism	Thoughtfulness
Cheerfulness	Flexibility	Quality	Traditionalism
Cleverness	Happiness	Recognition	Tranquility
Community	Health	Risk Taking	Trustworthiness
Commitment	Honesty	Safety	Understanding
Compassion	Humility	Service	Uniqueness
Cooperation	Humor	Spirituality	Usefulness
Collaboration	Inclusiveness	Stability	Versatility
Consistency	Independence	Peace	Vision
Contribution	Individuality	Perfection	Wealth
Creativity	Innovation	Playfulness	Wellbeing
Credibility	Inspiration	Popularity	Wisdom
Curiosity	Intelligence	Power	Zeal

Group all similar values together from the list you just created into at most, five groupings. For example:
 Consistency, Credibility, Ethics, Honesty, Self-Control
 Calmness, Freedom, Peace, Simplicity, Tranquility
 Advocacy, Caring, Passion, Purpose, Spirituality

Finally, choose one word within each grouping that best represents the label for the entire group. Which one resonates in your heart?

Honesty Tranquility Purpose