

Core Values List

Below are some common values that might help trigger some ideas. It is not recommended to choose more than 5 at a time to focus on. It also helps to take the time to identify WHY these values are important to you. This exercise can reveal an underlying overarching principal by which you choose to make most of your decisions.

Authenticity	Fun	Openness
Adventure	Grace	Peace
Autonomy	Growth	Recognition
Balance	Happiness	Respect
Beauty	Honesty	Responsibility
Compassion	Humor	Security
Challenge	Influence	Self-Respect
Community	Inner Harmony	Spirituality
Competency	Kindness	Stability
Creativity	Learning	Success
Curiosity	Love	Wealth
Fame	Loyalty	Wisdom
Friendships	Meaningful Work	