

Current Values - Use the list below to make a list of your values. The list contains 372 values; choose 10 that matter most to you. This exercise may be difficult as there are synonyms on the list and because you may find dozens of things that you believe you value. If necessary, choose 50 and then whittle the list down little by little until you have 10. This will require that you choose only those things that matter most to you. Consider your life as you know it. If a stranger was to observe you for a week, what would he see? What values would be reflected in how you live your life?

## List of Values

The following **list of values** will help you develop a clearer sense of what's most important to you in life. Simply print out this page, mark the values which most resonate with you, and then sort your list in order of priority. As you scan the values list below, you may find that while most values have little or no significance to you (and some may even seem negative to you), there are those values that just jump out and call to you, and you feel, "Yes, this value is part of me." This values list is merely a guide. It is lengthy and contains many synonyms but is certainly not exhaustive, so feel free to add unlisted values to your own list as well.

1. Abundance
2. Acceptance
3. Accessibility
4. Accomplishment
5. Accuracy
6. Achievement
7. Acknowledgement
8. Activeness
9. Adaptability
10. Adoration
11. Adroitness
12. Adventure
13. Affection

14. Affluence
15. Aggressiveness
16. Agility
17. Alertness
18. Altruism
19. Ambition
20. Amusement
21. Anticipation
22. Appreciation
23. Approachability
24. Articulacy
25. Assertiveness
26. Assurance
27. Attentiveness
28. Attractiveness
29. Audacity
30. Availability
31. Awareness
32. Awe
33. Balance
34. Beauty
35. Being the best
36. Belonging
37. Benevolence
38. Bliss
39. Boldness
40. Bravery
41. Brilliance

42. Buoyancy
43. Calmness
44. Camaraderie
45. Candor
46. Capability
47. Care
48. Carefulness
49. Celebrity
50. Certainty
51. Challenge
52. Charity
53. Charm
54. Chastity
55. Cheerfulness
56. Clarity
57. Cleanliness
58. Clear-mindedness
59. Cleverness
60. Closeness
61. Comfort
62. Commitment
63. Communication
64. Compassion
65. Completion
66. Composure
67. Concentration
68. Confidence
69. Conformity

70. Congruency
71. Connection
72. Consciousness
73. Consistency
74. Contentment
75. Continuity
76. Contribution
77. Control
78. Conviction
79. Conviviality
80. Coolness
81. Cooperation
82. Cordiality
83. Correctness
84. Courage
85. Courtesy
86. Craftiness
87. Creativity
88. Credibility
89. Cunning
90. Curiosity
91. Daring
92. Decisiveness
93. Decorum
94. Deference
95. Delight
96. Dependability
97. Depth

98. Desire
99. Determination
100. Devotion
101. Devoutness
102. Dexterity
103. Dignity
104. Diligence
105. Direction
106. Directness
107. Discipline
108. Discovery
109. Discretion
110. Diversity
111. Dominance
112. Dreaming
113. Drive
114. Duty
115. Dynamism
116. Eagerness
117. Economy
118. Ecstasy
119. Education
120. Effectiveness
121. Efficiency
122. Elation
123. Elegance
124. Empathy
125. Encouragement

126. Endurance
127. Energy
128. Enjoyment
129. Entertainment
130. Enthusiasm
131. Excellence
132. Excitement
133. Exhilaration
134. Expectancy
135. Expediency
136. Experience
137. Expertise
138. Exploration
139. Expressiveness
140. Extravagance
141. Extroversion
142. Exuberance
143. Fairness
144. Faith
145. Fame
146. Fascination
147. Fashion
148. Fearlessness
149. Ferocity
150. Fidelity
151. Fierceness
152. Financial  
independence

153. Firmness
154. Fitness
155. Flexibility
156. Flow
157. Fluency
158. Focus
159. Fortitude
160. Frankness
161. Freedom
162. Friendliness
163. Frugality
164. Fun
165. Gallantry
166. Generosity
167. Gentility
168. Giving
169. Grace
170. Gratitude
171. Gregariousness
172. Growth
173. Guidance
174. Happiness
175. Harmony
176. Health
177. Heart
178. Helpfulness
179. Heroism
180. Holiness

181. Honesty
182. Honor
183. Hopefulness
184. Hospitality
185. Humility
186. Humor
187. Hygiene
188. Imagination
189. Impact
190. Impartiality
191. Independence
192. Industry
193. Ingenuity
194. Inquisitiveness
195. Insightfulness
196. Inspiration
197. Integrity
198. Intelligence
199. Intensity
200. Intimacy
201. Intrepidness
202. Introversion
203. Intuition
204. Intuitiveness
205. Inventiveness
206. Investing
207. Joy
208. Judiciousness



209. Justice
210. Keeness
211. Kindness
212. Knowledge
213. Leadership
214. Learning
215. Liberation
216. Liberty
217. Liveliness
218. Logic
219. Love
220. Loyalty
221. Majesty
222. Making a difference
223. Mastery
224. Maturity
225. Meekness
226. Mellowness
227. Meticulousness
228. Mindfulness
229. Modesty
230. Motivation
231. Mysteriousness
232. Neatness
233. Nerve
234. Obedience
235. Open-mindedness
236. Openness

237. Optimism  
238. Order  
239. Organization  
240. Originality  
241. Outlandishness  
242. Outrageousness  
243. Passion  
244. Peace  
245. Perceptiveness  
246. Perfection  
247. Perkiness  
248. Perseverance  
249. Persistence  
250. Persuasiveness  
251. Philanthropy  
252. Piety  
253. Playfulness  
254. Pleasantness  
255. Pleasure  
256. Poise  
257. Polish  
258. Popularity  
259. Potency  
260. Power  
261. Practicality  
262. Pragmatism  
263. Precision  
264. Preparedness

- 265. Presence
- 266. Privacy
- 267. Proactivity
- 268. Professionalism
- 269. Prosperity
- 270. Prudence
- 271. Punctuality
- 272. Purity
- 273. Realism
- 274. Reason
- 275. Reasonableness
- 276. Recognition
- 277. Recreation
- 278. Refinement
- 279. Reflection
- 280. Relaxation
- 281. Reliability
- 282. Religiousness
- 283. Resilience
- 284. Resolution
- 285. Resolve
- 286. Resourcefulness
- 287. Respect
- 288. Rest
- 289. Restraint
- 290. Reverence
- 291. Richness
- 292. Rigor

293. Sacredness
294. Sacrifice
295. Sagacity
296. Saintliness
297. Sanguinity
298. Satisfaction
299. Security
300. Self-control
301. Selflessness
302. Self-reliance
303. Sensitivity
304. Sensuality
305. Serenity
306. Service
307. Sexuality
308. Sharing
309. Shrewdness
310. Significance
311. Silence
312. Silliness
313. Simplicity
314. Sincerity
315. Skillfulness
316. Solidarity
317. Solitude
318. Soundness
319. Speed
320. Spirit

321. Spirituality
322. Spontaneity
323. Spunk
324. Stability
325. Stealth
326. Stillness
327. Strength
328. Structure
329. Success
330. Support
331. Supremacy
332. Surprise
333. Sympathy
334. Synergy
335. Teamwork
336. Temperance
337. Thankfulness
338. Thoroughness
339. Thrift
340. Tidiness
341. Timeliness
342. Traditionalism
343. Tranquility
344. Transcendence
345. Trust
346. Trustworthiness
347. Truth
348. Understanding

- 349. Unflappability
- 350. Uniqueness
- 351. Unity
- 352. Usefulness
- 353. Utility
- 354. Valor
- 355. Variety
- 356. Victory
- 357. Vigor
- 358. Virtue
- 359. Vision
- 360. Vitality
- 361. Vivacity
- 362. Warmth
- 363. Watchfulness
- 364. Wealth
- 365. Willfulness
- 366. Willingness
- 367. Winning
- 368. Wisdom
- 369. Wittiness
- 370. Wonder
- 371. Youthfulness
- 372. Zeal

Desired Values – Now use the list to create a list of your desired values – the values that you want to see reflected in your life each day or each week. This list may differ dramatically from your list of current values; that’s perfectly fine. The point of this exercise is to illuminate your values and how they show up in your life so that we can make lasting changes that will speed you towards a richer, more fulfilled life.

