

## **Values Worksheet**

Accuracy	Energy		Simplicity
Achievement	Enjoyment	Maturity	Sincerity
Adaptability	Enthusiasm	Method	Skill
Adventure	Excellence	Meticulousness	Sociability
Affection		Modesty	Status
Affluence	Faith	•	Strength
Ambition	Fitness	Naturalness	Success
Assertiveness	Flexibility	Nurturing	Sympathy
Authenticity	Focus		
•	Forgiveness	Optimism	Tact
Balance	Freedom	Organization	Talent
Beauty	Friendship	Originality	Teamwork
Boldness	Fulfillment		Thankfulness
Broadmindedness		Passion	Thoroughness
	Generosity	Patience	Tolerance
Calmness	Gentleness	Peace	Tranquillity
Caring	Good attitude	Perseverance	Trustworthiness
Clear thinking	Good humor	Persistence	Truthfulness
Collaboration	Growth	Personal fulfillment	
Compassion		Personal mastery	Understanding
Competence	Happiness	Playfulness	Uniqueness
Confidence	Hard work	Practicality	
Conscientiousness	Health	Precision	Value
Consideration	Helpfulness	Professionalism	Versatility
Contentment	Honesty	Progress	Victory
Contribution	Норе	Prosperity	Vigor
Cooperation	Humility	Punctuality	
Courage		Purposefulness	Warmth
Creativity	Imagination		Willpower
Customer Service	Impartiality	Quality	Wisdom
	Independence	Quickness	Wit
Dependability	Innovation		
Determination	Integrity	Resourcefulness	Youthfulness
Diligence		Respect	
Discipline	Kindness	Responsibility	Zeal
Distinction	Knowledge		
Drive		Satisfaction	
	Leadership	Security	
Education	Learning	Self-actualization	
Effectiveness	Love	Self-control	
Encouragement	Loyalty	Sensibility	



Value	Why it's important to you	Action / behavior this value has inspired