



## VALUE IDENTIFICATION

Core values are qualities or principles that are most important to a person. Write down 3-6 of your core values. You can either generate your own or select values from the list below.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Why are these things so important to you?

### Values Examples

**Achievement**—attainment of goals and aspirations  
**Adventure**—pursuing excitement and taking risks  
**Aesthetics**—appreciation for the arts  
**Community**—activity in social or citizen groups  
**Competence**—being skilled and productive  
**Courage**—being brave, intrepid and fearless  
**Courtesy**—being respectful, considerate and polite  
**Creativity**—being inventive, original and innovative  
**Discipline**—being restrained and self-controlled  
**Drive**—being industrious and goal directed  
**Equality**—justice and fair treatment for all  
**Fame**—recognized and known for your contributions  
**Flexibility**—being adaptable and able to change  
**Forgiveness**—being able to excuse and let go  
**Happiness**—satisfaction, joy and contentment  
**Health**—soundness of body and mind  
**Honesty**—being moral, ethical and truthful  
**Humor**—being light-hearted, witty and funny

**Independence**—being self-directing and self-reliant  
**Knowledge**—being wise and scholarly  
**Love**—intimacy, devotion and warmth  
**Loyalty**—being dedicated, devoted and steadfast  
**Nature**—respect for animals and the environment  
**Obedience**—being compliant and yielding  
**Order**—being systematic, organized and well-kept  
**Peace**—enduring harmony and no violence  
**Power**—authority, control and influence  
**Reason**—being rational, analytical and logical  
**Relationships**—having close bonds and support  
**Reliability**—being responsible and trustworthy  
**Self-worth**—high regard for oneself and others  
**Service**—contributing to the welfare of others  
**Spirituality**—religious beliefs, connection with a higher power  
**Tolerance**—being open, accepting and patient  
**Wisdom**—insight, knowledge and understanding