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
- **Equity**—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