IDENTIFYING CORE VALUES

These values apply to work and personal life. This is not an exhaustive list—you’re welcome to add your own.

Acceptance  Excellence  Justice  Sharing  Solitude
Achievement  Excitement  Kindness  Spirituality  Success
Adventure  Expertise  Knowledge  Support  Team Work
Affection  Fame  Leadership  Time  Tolerance
Altruism  Fairness  Loyalty  Togetherness  Tradition
Ambition  Faith  Making a Difference  Trust  Truth
Appreciation  Family  Meaningful Work  Unity  Variety
Arts  Flexibility  Mindfulness  Zest
Authenticity  Focus  Nature  Art  Culture
Authority  Forgiveness  Nurturing  Art  Craft
Autonomy  Freedom  Order  Art  Design
Balance  Friendship  Passion  Art  Education
Beauty  Fun  Peace  Art  Entertainment
Belonging  Goals  Personal Growth  Art  Therapy
Caring  Gratitude  Perseverance  Art  Therapy
Celebration  Growth  Personal  Art  Therapy
Challenge  Happiness  Development  Art  Therapy
Choice  Health  Pleasure  Art  Therapy
Collaboration  Helping Others  Positive Attitude  Art  Therapy
Commitment  High Expectations  Pride  Art  Therapy
Community  Honesty  Productivity  Art  Therapy
Communication  Hope  Recognition  Art  Therapy
Compassion  Humility  Reflection  Art  Therapy
Connection  Humor  Religion  Art  Therapy
Contribution  Imagination  Respect  Art  Therapy
Cooperation  Independence  Responsibility  Art  Therapy
Creativity  Influence  Results  Art  Therapy
Democracy  Initiative  Risk Taking  Art  Therapy
Effectiveness  Integrity  Romance  Art  Therapy
Efficiency  Intuition  Self Expression  Art  Therapy
Equity  Interdependence  Self-Respect  Art  Therapy

Process:
1. Circle your top ten values.
2. Narrow those down to five.
3. Narrow those down to three.