

My Values

Values are things in your life and work that you believe are important. When your work and activities align with your values, overall you will feel happier and more satisfied. When things are not compatible with your values it can be uncomfortable or uneasy. It is therefore important to recognize your values when making career or life decisions.

Take a look through the following list and identify the things that you believe are important.

Acceptance	Cooperation	Freedom	Meticulousness	Relationships
Accomplishment	Creativity	Friendliness	Modesty	Relaxation
Accountability	Credibility	Friendship	Money	Reliability
Accuracy	Culture	Fun	Motivation	Reputation
Acknowledgement	Curiosity	Generosity	Mysteriousness	Resilience
Activeness	Daring	Goodness	Nature	Resourcefulness
Adaptability	Decisiveness	Grace	Neatness	Respect
Advancement	Democracy	Gratitude	Non-conformity	Responsibility
Adventure	Dependability	Happiness	Openness	Results-oriented
Affection	Determination	Hard Work	Optimism	Security
Agility	Dignity	Harmony	Order	Self-actualization
Alertness	Diligence	Health	Organization	Selflessness
Ambition	Discipline	Helpfulness	Originality	Self-reliance
Appreciation	Discovery	Honesty	Outdoors	Self-respect
Approachability	Diversity	Honor	Partnership	Sensitivity
Approval	Drive	Humility	Patience	Serenity
Art	Eagerness	Humor	Patriotism	Sharing
Assertiveness	Education	Impartiality	Peace	Sincerity
Balance	Efficiency	Independence	Perceptiveness	Spontaneity
Being the best	Empathy	Individuality	Perfection	Stability
Belonging	Encouragement	Influence	Perseverance	Status
Bravery	Endurance	Ingenuity	Persistence	Strength
Calmness	Enthusiasm	Innovation	Personal Achievement	Structure
Career	Environment	Inquisitiveness	Persuasiveness	Success
Carefulness	Equality	Integrity	Positivity	Support
Certainty	Excellence	Intelligence	Power	Teaching
Challenge	Experience	Introversion	Practicality	Teamwork
Change	Expertise	Involvement	Precision	Tolerance
Cheerfulness	Exploration	Justice	Preparedness	Tradition
Comfort	Extroversion	Kindness	Prestige	Trustworthiness
Commitment	Fairness	Knowledge	Pride	Truth
Community	Faith	Leadership	Proactivity	Understanding
Compassion	Fame	Learning	Professionalism	Uniqueness
Competence	Family	Legacy	Progress	Variety
Competition	Financial independence	Leisure	Punctuality	Victory
Confidence	Firmness	Love	Quality	Vision
Conformity	Fitness	Loyalty	Rationality	Wealth
Consistency	Flexibility	Making a difference	Reaching my potential	Work
Contributing	Focus	Maturity	Recognition	Youthfulness

