

# Identify Your Values

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Your core values are the feelings and emotions that you strive for in your life. They're the basis for how you behave towards others and your motivation for how you'd like to live your life. Values are abstract in nature and are emotional states. For example; Passion, Power, Happiness, Love, Freedom, or Respect, etc. *(NB. Values usually change over time. Some will deepen, some will become less important – they are always moving. There's also no 'correct' number to have, everyone is different)*

Below you'll find some examples of Values to give you an idea. Do any of them ring true for you? Obviously, your values may not be listed here, so there's space at the bottom of the list, so you can write down any additional values you have.

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|--------------------|---------------------|---------------------|
| 1. Achievement     | 34. Effectiveness   | 67. Perseverance    |
| 2. Adaptability    | 35. Efficiency      | 68. Persistence     |
| 3. Adventure       | 36. Empathy         | 69. Playfulness     |
| 4. Affection       | 37. Enjoyment       | 70. Pleasure        |
| 5. Approachability | 38. Excitement      | 71. Popularity      |
| 6. Assertiveness   | 39. Fairness        | 72. Preparedness    |
| 7. Awareness       | 40. Fascination     | 73. Presence        |
| 8. Balance         | 41. Fearlessness    | 74. Pride           |
| 9. Bravery         | 42. Focus           | 75. Prudence        |
| 10. Calmness       | 43. Freedom         | 76. Punctuality     |
| 11. Certainty      | 44. Fun             | 77. Refinement      |
| 12. Challenge      | 45. Gratitude       | 78. Reflection      |
| 13. Charity        | 46. Growth          | 79. Reliability     |
| 14. Comfort        | 47. Happiness       | 80. Resourcefulness |
| 15. Compassion     | 48. Honesty         | 81. Security        |
| 16. Composure      | 49. Humility        | 82. Sensitivity     |
| 17. Connection     | 50. Impartiality    | 83. Significance    |
| 18. Consistency    | 51. Integrity       | 84. Sincerity       |
| 19. Contentment    | 52. Intimacy        | 85. Spirituality    |
| 20. Contribution   | 53. Joy             | 86. Spontaneity     |
| 21. Courage        | 54. Kindness        | 87. Strength        |
| 22. Courtesy       | 55. Love            | 88. Sympathy        |
| 23. Curiosity      | 56. Loyalty         | 89. Thankfulness    |
| 24. Decisiveness   | 57. Meekness        | 90. Trust           |
| 25. Dependability  | 58. Modesty         | 91. Unity           |
| 26. Determination  | 59. Motivation      | 92. Variety         |
| 27. Devotion       | 60. Neatness        | 93. Willingness     |
| 28. Dignity        | 61. Open-mindedness | 94. Worthiness      |
| 29. Diligence      | 62. Optimism        | 95. _____           |
| 30. Discovery      | 63. Outrageousness  | 96. _____           |
| 31. Discretion     | 64. Patience        | 97. _____           |
| 32. Drive          | 65. Passion         | 98. _____           |
| 33. Eagerness      | 66. Perfection      | 99. _____           |

**Remember:** Everyone has their own set of values. There is no right or wrong – only what's right for you!