Discovering Personal Values

Personal values are important guiding principles that motivate your behaviors, decisions, and actions. These fundamental beliefs about your life bring a sense of purpose and self-worth while helping determine your vision for the future. Your core values define who you are, what is most important to you, and what you would like more of in your life.

1. Choose 15 values that are most important to you,

2. Shorten the list to identify the ten that are most important.

3. From those ten, select the five that you strive towards consistently. These are your personal values.

Honesty	Freedom	Happiness Gratitude	Toughness Devotion
Adventure Teamwork	Security	Trustworthiness	Poise
Hard Work	Loyalty	Dependability	Intuitiveness
Communication	Intelligence	Determination	Logic
Flexibility	Grace	Friendship	Boldness
Learning	Connection	Self Control	Humor
Excellence Innovation	Competitiveness	Benevolence Health	Cleanliness
Quality	Creativity	Proactivity	Empathy
Contribution	Humanity	Independence	Compassion
Spiritualism Strength	Respect	Integrity	Tidiness
Entertain	Personal Development	Justice	Endurance
Punctuality	Diversity	Kindness	Perseverance
Wealth	Generosity	Uniqueness	Pridefulness
Urgency	Professionalism	Knowledge	Selflessness
Resourcefulness	Versatility	Peace	Reliability
Power	Finesse	Perfection Simplicity	Inclusion
Affection	Love	Sincerity	Passion
Cooperation	Openness	Spontaneity	Originality
Inspire	Advancement	Success	Ethics
Optimism	Attitude	Charismatic	Confidence
Family	Order	Timeliness	Consistency
	Love of Career		

1. _____

2. _____

3. _____

4. _____

5. _____