

# Personal Values Worksheet

Acceptance	Dependability	Imagination	Openness	Self-control
Accomplishment	Determination	Improvement	Optimism	Selflessness
Accuracy	Diversity	Independence	Order	Self-respect
Achievement	Education	Influence	Originality	Sensitivity
Adventure	Elegance	Individuality	Peace	Serenity
Altruism	Efficiency	Initiative	Perfection	Service
Ambition	Empathy	Inner Peace	Perseverance	Simplicity
Amusement	Enlightenment	Innovation	Persistence	Spirituality
Assertiveness	Equality	Intelligence	Play	Spontaneity
Authenticity	Excellence	Integrity	Pleasure	Stability
Autonomy	Expertise	Intimacy	Polite	Strength
Balance	Fairness	Intuition	Positivity	Structure
Beauty	Faith	Inventiveness	Power	Success
Being	Fame	Joy	Practicality	Tenderness
Belonging	Family	Justice	Privacy	Timeliness
Boldness	Fitness	Kindness	Proficiency	Thoroughness
Calm	Forgiveness	Knowledge	Progress	Thoughtfulness
Capable	Freedom	Leadership	Prosperity	Tradition
Challenge	Friendship	Laughter	Purpose	Tranquility
Cleanliness	Fun	Learning	Rationality	Trust
Collaboration	Generosity	Legacy	Recognition	Truthfulness
Comfort	Gratitude	Love	Reliability	Understanding
Compassion	Growth	Logic	Relationships	Uniqueness
Competence	Happiness	Loyalty	Relaxation	Usefulness
Confidence	Hard work	Mastery	Respect	Variety
Conservation	Harmony	Meaning	Responsibility	Vitality
Contentment	Health	Moderation	Resourcefulness	Victory
Contribution	Honesty	Modesty	Restraint	Vision
Courage	Honor	Money	Risk	Wealth
Creativity	Hope	Nature	Security	Wholeness
Decisiveness	Humility	Nurturing	Self-awareness	Wisdom

1. From the above list, circle all the values that resonate with you.

2. In the box below, add in any values that are important to you, but not on the above list:

3. Narrow down your list to your **top five values** and write them below: