

Core Values Assessment

Common Personal Values/Needs		
Accomplishment	Genuineness	Quality over quantity
Abundance	Good will	Quantity over quality
Accountability	Goodness	Reciprocity
Accuracy	Gratitude	Recognition
Achievement	Hard work	Regularity
Adventure	Harmony	Relaxation
Approval	Healing	Reliability
Authenticity	Holistic Living	Resourcefulness
Autonomy	Honesty	Respect for others
Balance	Honor	Responsibility
Beauty	Improvement	Responsiveness
Boldness	Independence	Results
Challenge	Individuality	Romance
Change	Initiative	Rule of Law
Clarity	Inner peace	Sacrifice
Cleanliness, orderliness	Innovation	Safety
Collaboration	Integrity	Satisfying others
Commitment	Intelligence	Security
Communication	Intensity	Self-awareness
Community	Intimacy	Self-confidence
Compassion	Intuition	Self-esteem
Competence	Joy	Self-expression
Competition	Justice	Self-improvement
Concern for others	Knowledge	Self-love
Confidence	Leadership	Self-mastery
Connection	Learning	Self-reliance
Conservation	Love	Self-trust
Content over form	Loyalty	Sensuality
Cooperation	Meaning	Service
Coordination	Merit	Simplicity
Creativity	Moderation	Sincerity
Credibility	Modesty	Skill
Decisiveness	Money	Solitude
Democracy	Nature	Speed
Determination	Nurturing	Spirituality
Discipline	Obedience	Stability
Discovery	Open-mindedness	Standardization
Diversity	Openness	Status
Education	Optimism	Straightforwardness
Efficiency	Patriotism	Strength
Environment	Peace, Non-violence	Success
Equality	Perfection	Systemization
Excellence	Perseverance	Teamwork
Exploration	Persistence	Timeliness
Fairness	Personal Growth	Tolerance
Faith	Personal health	Tradition
Faithfulness	Pleasure	Tranquility
Family	Power	Trust
Flair	Practicality	Trustworthiness
Flexibility	Preservation	Truth
Forgiveness	Privacy	Unity
Freedom	Problem solving	Variety
Friendship	Professionalism	Vitality
Frugality	Progress	Wealth
Fulfillment	Prosperity	Wisdom
Fun	Punctuality	
Generosity	Purpose	