

## Core Values Assessment

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