Core Values

There is no such thing as a “right” or "wrong" value; this list is merely to get you thinking about what your own values are. Mark each value as V, Q, or N, where V = very important; Q = quite important; N = not so important.

1. **Acceptance**: to be open to and accepting of myself, others, life and so on.
2. **Adventure**: to be adventurous; the actively seek; create, or explore novel or stimulating experiences.
3. **Assertiveness**: to respectfully stand up for my rights and request what I want.
4. **Authenticity**: to be genuine and real; to be true to myself.
5. **Beauty**: to appreciate, create, nurture, or cultivate beauty in myself, others, the environment, so on.
6. **Caring**: to be caring toward myself; others, the environment and so on.
7. **Challenge**: to keep challenging myself to grow, learn and improve.
8. **Compassion**: to act with kindness toward others and toward myself.
9. **Conformity**: to be respectful and obedient of rules and obligations.
10. **Connection**: to engage fully in whatever I am doing, and be fully present with others.
11. **Contribution**: to help or make a positive difference to myself or others.
12. **Cooperation**: to cooperate and collaborate with others.
13. **Courage**: to be brave; to persist in the face of fear, threat, or difficulty.
14. **Creativity**: to be creative or innovative.
15. **Curiosity**: to be open-minded and interested; to explore and discover.
16. **Encouragement**: to reward behavior that I value in myself and others.
17. **Equality**: to treat others as equal to myself, and vice versa.
18. **Excitement**: to seek, create and engage in activities that are exciting, stimulating, or thrilling.
19. **Fairness**: to be fair to myself and others.
20. **Fitness**: to maintain or improve my fitness; to look after my physical health and well-being and that of others.
21. **Flexibility**: to adjust and adapt readily to changing circumstances.
22. **Forgiveness**: to be forgiving toward myself and others.
23. **Freedom**: to live freely; to choose how I live and behave, and to help others do likewise.
24. **Friendliness**: to be friendly, companionable, or agreeable toward others.
25. **Fun**: to seek, create and engage in fun-filled activities.
26. **Generosity**: to be sharing and giving, to both myself and others.
27. **Gratitude**: to be grateful for and appreciative of the positive aspects of myself, others and life in general.
28. **Honesty**: to be honest, truthful, and sincere with myself and others.
29. **Humility**: to be humble or modest; to let my achievements speak for themselves.
30. **Humor**: to see and appreciate the humorous side of life, and bring it to others.
31. **Independence**: to support myself and choose my own way of doing things.

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32. Industry: to be industrious, hardworking, dedicated.
33. Intimacy: to open up, reveal and share myself – emotionally or physically – in my close personal relationships.
34. Justice: to uphold justice and fairness.
35. Kindness: to be kind, compassionate, considerate, nurturing, or caring toward myself and others.
36. Love: to act lovingly or affectionately toward myself and others.
37. Mindfulness: to be conscious of, open to, and curious about my here-and-now experiences.
38. Open-mindedness: to think things through, see things from others’ points of view, and weigh evidence fairly.
39. Order: to be orderly and organized.
40. Patience: to wait calmly and tolerantly for what I want.
41. Pleasure: to create and give pleasure to myself and to others.
42. Persistence: to continue resolutely, despite problems or difficulties.
43. Power: to strongly influence or wield authority over others; to take charge, lead and organize.
44. Reciprocity: to build relationships in which there is a fair balance of giving and taking.
45. Respect: to be respectful toward myself and others; to be polite, considerate and show positive regard.
46. Responsibility: to be responsible and accountable for my actions.
47. Romance: to be romantic; to display and express love or strong affection.
48. Safety: to secure, protect, or ensure the safety of myself and others.
49. Self-awareness: to be aware of my own thoughts, feelings, and actions.
50. Self-care: to look after my health and well-being, and get my needs met.
51. Self-development: to keep growing, advancing, or improving in knowledge, skills, character, or life experiences.
52. Self-control: to act in accordance with my own ideals.
53. Sensuality: to create, explore, and enjoy experiences that stimulate the senses.
54. Sexuality: to explore and express my sexuality.
55. Spirituality: to connect with something bigger than myself.
56. Skillfulness: to continually practice and improve my skills, and apply myself fully when using them.
57. Supportiveness: to be supportive, helpful, encouraging, and available to myself and to others.
58. Trust: to be trustworthy; to be faithful, loyal, sincere, and reliable.
59. (add others)
60. (add others)