



Your Core Values

INSTRUCTIONS

- Your Core Values underlie what is most important to you. Knowing your Core Values helps you see what drives you – what you enjoy, what inspires you and ignites your passion. **By building a life and lifestyle around your core values** you create a **life that is both satisfying and meaningful.**
- Your Values may change over time. They may deepen as you come to understand yourself better. Sometimes our Values can also be situational - what is valued at work may not hold the same value for you at home.
- The Core Values List below is offered to give you some ideas and examples. Circle those that resonate with you. We are each unique, so there may be words that are missing so feel free to add those to the list below.

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| 1. Accomplishment | 35. Focus | 68. Peace |
| 2. Acceptance | 36. Forgiveness | 69. Presence |
| 3. Accuracy | 37. Freedom | 70. Productivity |
| 4. Acknowledgement | 38. Friendship | 71. Recognition |
| 5. Adventure | 39. Fun | 72. Respect |
| 6. Authenticity | 40. Generosity | 73. Resourcefulness |
| 7. Balance | 41. Gentleness | 74. Romance |
| 8. Beauty | 42. Groundedness | 75. Safety |
| 9. Boldness | 43. Growth | 76. Self-Esteem |
| 10. Calm | 44. Happiness | 77. Service |
| 11. Challenge | 45. Harmony | 78. Simplicity |
| 12. Collaboration | 46. Health | 79. Spirituality |
| 13. Community | 47. Helpfulness | 80. Spontaneity |
| 14. Compassion | 48. Honesty | 81. Strength |
| 15. Comradeship | 49. Honour | 82. Tact |
| 16. Confidence | 50. Humour | 83. Thankfulness |
| 17. Connectedness | 51. Idealism | 84. Tolerance |
| 18. Contentment | 52. Independence | 85. Tradition |
| 19. Contribution | 53. Innovation | 86. Trust |
| 20. Cooperation | 54. Integrity | 87. Understanding |
| 21. Courage | 55. Intuition | 88. Unity |
| 22. Creativity | 56. Joy | 89. Vitality |
| 23. Curiosity | 57. Kindness | 90. Wisdom |
| 24. Determination | 58. Learning | 91. _____ |
| 25. Directness | 59. Listening | 92. _____ |
| 26. Discovery | 60. Love | 93. _____ |
| 27. Ease | 61. Loyalty | 94. _____ |
| 28. Effortlessness | 62. Optimism | 95. _____ |
| 29. Empowerment | 63. Orderliness | 96. _____ |
| 30. Enthusiasm | 64. Participation | 97. _____ |
| 31. Environment | 65. Partnership | 98. _____ |
| 32. Excellence | 66. Passion | 99. _____ |
| 33. Fairness | 67. Patience | 100. _____ |
| 34. Flexibility | | 101. _____ |

Remember: When it comes to Values, there is no right or wrong – only who WE are!