

Life Values

What Are Your Life Values?

Determine your top 10 values by reviewing the list below and writing down the ones that are most important to you right now in order of priority. There is no right or wrong answer and these may change in time as things change in your life. Then stick your list somewhere you will see it each day and consciously work on honouring each of your values daily.

| | | |
|------------------|---------------------|---------------------|
| Accountability | Excellence | Perfection |
| Accuracy | Excitement | Piety |
| Achievement | Expertise | Positivity |
| Adventurousness | Exploration | Practicality |
| Altruism | Expressiveness | Preparedness |
| Ambition | Fairness | Professionalism |
| Assertiveness | Faith | Prudence |
| Balance | Family-orientedness | Quality-orientation |
| Being the best | Fidelity | Reliability |
| Belonging | Fitness | Resourcefulness |
| Boldness | Fluency | Restraint |
| Calmness | Focus | Results-oriented |
| Carefulness | Freedom | Rigor |
| Challenge | Fun | Security |
| Cheerfulness | Generosity | Self-actualization |
| Clear-mindedness | Goodness | Self-control |
| Commitment | Grace | Selflessness |
| Community | Growth | Self-reliance |
| Compassion | Happiness | Sensitivity |
| Competitiveness | Hard Work | Serenity |
| Consistency | Health | Service |
| Contentment | Helping Society | Shrewdness |

Life Values

| | | |
|------------------------|---------------------|-----------------|
| Continuous Improvement | Holiness | Simplicity |
| Contribution | Honesty | Soundness |
| Control | Honor | Speed |
| Cooperation | Humility | Spontaneity |
| Correctness | Independence | Stability |
| Courtesy | Ingenuity | Strategic |
| Creativity | Inner Harmony | Strength |
| Curiosity | Inquisitiveness | Structure |
| Decisiveness | Insightfulness | Success |
| Democraticness | Intelligence | Support |
| Dependability | Intellectual Status | Teamwork |
| Determination | Intuition | Temperance |
| Devoutness | Joy | Thankfulness |
| Diligence | Justice | Thoroughness |
| Discipline | Leadership | Thoughtfulness |
| Discretion | Legacy | Timeliness |
| Diversity | Love | Tolerance |
| Dynamism | Loyalty | Traditionalism |
| Economy | Making a difference | Trustworthiness |
| Effectiveness | Mastery | Truth-seeking |
| Efficiency | Merit | Understanding |
| Elegance | Obedience | Uniqueness |
| Empathy | Openness | Unity |
| Enjoyment | Order | Usefulness |
| Enthusiasm | Originality | Vision |
| Equality | Patriotism | Vitality |