

# HeartCode Core Values

The following is a list of 350 Core Values.  
Choose and circle **25 Values** which are most important to you.  
There are no right nor wrong answers.

Abundance	Belonging	Consistency
Acceptance	Benevolence	Contentment
Accessibility	Bliss	Continuity
Accomplishment	Boldness	Contribution
Accuracy	Bravery	Control
Achievement	Brilliance	Conviction
Acknowledgement	Buoyance	Conviviality
Activeness	Calmness	Coolness
Adaptability	Camaraderie	Cooperation
Adoration	Candor	Cordiality
Adroitness	Capability	Correctness
Adventure	Care	Courage
Affection	Carefulness	Courtesy
Affluence	Celebrity	Craftiness
Aggressiveness	Certainty	Creativity
Agility	Challenge	Credibility
Alertness	Charity	Cunning
Altruism	Charm	Curiosity
Ambition	Chastity	Daring
Amusement	Cheerfulness	Decisiveness
Anticipation	Clarity	Decorum
Appreciation	Cleanliness	Deference
Approachability	Clear-mindedness	Delight
Articulacy	Cleverness	Dependability
Assertiveness	Closeness	Depth
Assurance	Comfort	Desire
Attentiveness	Commitment	Determination
Attractiveness	Compassion	Devotion
Audacity	Completion	Devoutness
Availability	Composure	Dexterity
Awareness	Concentration	Dignity
Awe	Confidence	Diligence
Balance	Conformity	Direction
Beauty	Congruency	Directness
Being the best	Connection	Discipline
	Consciousness	

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Discovery	Fairness	Heart
Discretion	Faith	Helpfulness
Diversity	Fame	Heroism
Dominance	Family	Holiness
Dreaming	Fascination	Honesty
Drive	Fashion	Honor
Duty	Fearlessness	Hopefulness
Dynamism	Ferocity	Hospitality
Eagerness	Fidelity	Humility
Economy	Fierceness	Humor
Ecstasy	Financial independence	Hygiene
Education	Firmness	Imagination
Effectiveness	Fitness	Impact
Efficiency	Flexibility	Impartiality
Elation	Flow	Independence
Elegance	Fluency	Industry
Empathy	Focus	Ingenuity
Encouragement	Fortitude	Inquisitiveness
Endurance	Frankness	Insightfulness
Energy	Freedom	Inspiration
Enjoyment	Friendliness	Integrity
Entertainment	Frugality	Intelligence
Enthusiasm	Fun	Intensity
Excellence	Gallantry	Intimacy
Excitement	Generosity	Intrepidness
Exhilaration	Gentility	Introversion
Expectancy	Giving	Intuition
Expediency	Grace	Intuitiveness
Experience	Gratitude	Inventiveness
Expertise	Gregariousness	Investing
Exploration	Growth	Joy
Expressiveness	Guidance	Judiciousness
Extravagance	Happiness	Justice
Extroversion	Harmony	Keeness
Exuberance	Health	Kindness

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Knowledge	Perfection	Reliability
Leadership	Perkinsness	Religiousness
Learning	Perseverance	Resilience
Liberation	Persistence	Resolution
Liberty	Persuasiveness	Resolve
Liveliness	Philanthropy	Resourcefulness
Logic	Piety	Respect
Longevity	Playfulness	Rest
Love	Pleasantness	Restraint
Loyalty	Pleasure	Reverence
Majesty	Poise	Richness
Making a Difference	Polish	Rigor
Mastery	Popularity	Sacredness
Maturity	Potency	Sacrifice
Meekness	Power	Sagacity
Mellowness	Practicality	Saintliness
Meticulousness	Pragmatism	Sanguinity
Mindfulness	Precision	Satisfaction
Modesty	Preparedness	Security
Motivation	Presence	Self-control
Mysteriousness	Privacy	Selflessness
Neatness	Proactivity	Self-reliance
Nerve	Professionalism	Sensitivity
Obedience	Prosperity	Sensuality
Open-mindedness	Prudence	Serenity
Openness	Punctuality	Service
Optimism	Purity	Sexuality
Order	Realism	Sharing
Organization	Reason	Shrewdness
Originality	Reasonableness	Significance
Outlandishness	Recognition	Silence
Outrageousness	Recreation	Silliness
Passion	Refinement	Simplicity
Peace	Reflection	Sincerity
Perceptiveness	Relaxation	Skillfulness

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|--------------|-----------------|--------------|
| Solidarity   | Temperance      | Valor        |
| Solitude     | Thankfulness    | Variety      |
| Soundness    | Thoroughness    | Victory      |
| Speed        | Thoughtfulness  | Vigor        |
| Spirit       | Thrift          | Virtue       |
| Spirituality | Tidiness        | Vision       |
| Spontaneity  | Timeliness      | Vitality     |
| Spunk        | Traditionalism  | Vivacity     |
| Stability    | Tranquility     | Warmth       |
| Stealth      | Transcendence   | Watchfulness |
| Stillness    | Trust           | Wealth       |
| Strength     | Trustworthiness | Willfulness  |
| Structure    | Truth           | Willingness  |
| Success      | Understanding   | Winning      |
| Support      | Unflappability  | Wisdom       |
| Supremacy    | Uniqueness      | Wittiness    |
| Surprise     | Unity           | Wonder       |
| Sympathy     | Usefulness      | Youthfulness |
| Synergy      | Utility         | Zeal         |
| Teamwork     |                 |              |

From the 25 Core Values you have chosen, write the **Top 10** below.  
These are the Core Values which are the most important to you.
