



Top Values

Date:

Get inspired from the wide sampling of possible core values on the following pages.
Circle all of the words that describe what matters most to you.

Abundance	Belonging	Consciousness	Directness	Extravagance
Acceptance	Benevolence	Consistency	Discipline	Extroversion
Accomplished	Bliss	Contentment	Discovery	Exuberance
Accuracy	Boldness	Continuity	Discretion	Fairness
Achievement	Bravery	Contribution	Diversity	Faith
Acknowledgement	Brilliance	Control	Dominance	Fame
Activeness	Calmness	Conviction	Dreaming	Family
Adaptability	Camaraderie	Conviviality	Drive	Fascination
Adoration	Candour	Coolness	Duty	Fashion
Adroitness	Capability	Cooperation	Dynamism	Fearlessness
Adventure	Care	Cordiality	Eagerness	Ferocity
Affection	Carefulness	Correctness	Economy	Fidelity
Affluence	Celebrity	Courage	Ecstasy	Fierceness
Aggressiveness	Certainty	Courtesy	Education	Financial
Agility	Challenge	Craftiness	Effectiveness	Firmness
Alertness	Charity	Creativity	Efficiency	Fitness
Altruism	Charm	Credibility	Elation	Flexibility
Ambition	Chastity	Cunning	Elegance	Flow
Amusement	Cheerful	Curiosity	Empathy	Fluency
Anticipation	Clarity	Daring	Encouragement	Focus
Appreciation	Cleanliness	Decisiveness	Endurance	Fortitude
Approachability	Clear minded	Decorum	Energy	Frankness
Articulacy	Cleverness	Deference	Enjoyment	Freedom
Assertiveness	Closeness	Delight	Entertainment	Friendliness
Assurance	Comfort	Dependability	Enthusiasm	Frugality

Top Values

Attentiveness	Commitment	Depth	Excellence	Fun
Attractiveness	Compassion	Desire	Excitement	Gallantry
Audacity	Completion	Determination	Exhilaration	Gentility
Availability	Composure	Devotion	Expectancy	Giving
Awareness	Concentration	Devoutness	Expediency	Grace
Awe	Confidence	Dexterity	Experience	Gratitude
Balance	Conformity	Dignity	Expertise	Gregarious
Beauty	Congruency	Diligence	Exploration	Growth
Being the best	Connection	Direction	Expressiveness	Teamwork
Guidance	Leadership	Piety	Sacredness	Temperance
Happiness	Learning	Playfulness	Sacrifice	Thankful
Harmony	Liberation	Pleasantness	Sagacity	Thorough
Health	Liberty	Pleasure	Saintliness	Thoughtful
Heart	Liveliness	Poise	Sanguinity	Thrift
Helpfulness	Logic	Polish	Satisfaction	Tidiness
Heroism	Longevity	Popularity	Security	Timeliness
Holiness	Love	Potency	Self-control	Traditional
Honesty	Majesty	Power	Selfless	Tranquillity
Honour	Making a	Practicality	Self-reliant	Trust
Hopefulness	difference	Pragmatism	Sensitive	Trustworthy
Hospitality	Mastery	Precision	Sensual	Truth
Humility	Maturity	Preparedness	Serenity	Joy
Humour	Meekness	Presence	Service	Unflappability
Hygiene	Mellowness	Privacy	Sexy	Uniqueness
Imagination	Meticulousness	Proactive	Seductive	Unity
Impact	Mindfulness	Professional	Sharing	Usefulness
Impartiality	Modesty	Prosperity	Shrewdness	Utility
Independence	Motivation	Prudence	Significance	Valour
Industry	Mysteriousness	Punctuality	Silence	Variety
Ingenuity	Neatness	Purity	Silliness	Victory
Inquisitiveness	Nerve	Realism	Simplicity	Vigour
Insightfulness	Obedience	Reason	Sincerity	Virtue
Inspiration	Open-	Recognition	Skilfulness	Vision
Integrity	mindedness	Recreation	Solidarity	Vitality
Intelligence	Openness	Refinement	Solitude	Vivacity

Top Values

Intensity	Optimism	Reflection	Soundness	Warmth
Intimacy	Order	Relaxation	Speed	Watchfulness
Intrepidness	Organization	Reliability	Spirit	Wealth
Introversion	Originality	Religiousness	Spirituality	Wilfulness
Intuition	Outlandishness	Resilience	Spontaneity	Willingness
Intuitiveness	Outrageous	Resolution	Spunk	Winning
Inventiveness	Passion	Resolve	Stability	Wisdom
Investing	Peace	Resourceful	Stealth	Wittiness
Judiciousness	Perceptiveness	Respect	Stillness	Wonder
Justice	Perfection	Rest	Strength	Youthfulness
Keeness	Perkiness	Restraint	Structure	Zeal
Kindness	Perseverance	Reverence	Success	
Knowledge	Persistence	Richness	Supremacy	
Understanding	Persuasiveness	Rigor	Sympathy	
Transcendence	Philanthropy		Synergy	

Discover Your Top Values

Look at all of the words that you came up with above and write down the 24 most important words in the space below.

My main 24 values are:

1.	13.
2.	14.
3.	15.
4.	16.
5.	17.
6.	18.
7.	19.
8.	20.
9.	21.
10.	22.
11.	23.
12.	24.

Top Values

Now, narrow the list down again to your top 6 values. You can do this by:

- Grouping common values into one value
- Taking out the values that are so much a part of you that you don't need to be reminded about them on a daily basis
- Deciding on the top, most important 6 that you shouldn't be without in order to be your full potential

My 6 top values are:

1.

2.

3.

4.

5.

6.



Carry your values with you

Conscious awareness of your values enables you to make decisions and set priorities with ease. Write them in your diary, hang them in your bathroom and put them in your wallet.

Top Values

Assess Your Top Values

In the space below, describe how your 6 top values ARE and being expressed in each of the key areas in your life.

Career/Business

Finances and Wealth

Friends and Family

Fun, Recreation and Entertainment

Health and Fitness

Love Life

Personal/Spiritual Development

Physical Environment

Top Values

In the space below, describe how your 6 top values ARE NOT and being expressed in each of the key areas in your life.

Career/Business

Finances and Wealth

Friends and Family

Fun, Recreation and Entertainment

Health and Fitness

Love Life

Personal/Spiritual Development

Physical Environment

Top Values

Do any of your top values need to change to get the new results that you are looking for right now? What do you need to change?
