



## Core Values List

We spend time, energy, money on the things we value but there's often a disconnect between what we say we value and what our actions would lead a person to believe.

Getting clear on your goals & values helps you filter for everything you do through them.

Go through this list and pick the top three values that feel really important & meaningful to you right now.

Write for 10 mins about why one or all of them is important to you.

This will help you connect to your values & see how your day-to-day choices & how you handle life's stressors is reflection of them.



## Core Values List

Accountability	Connection	Freedom
Achievement	Contentment	Friendship
Adaptability	Contribution	Fun
Adventure	Cooperation	Generosity
Altruism	Courage	Giving back
Ambition	Creativity	Grace
Authenticity	Curiosity	Gratitude
Balance	Dignity	Growth
Beauty	Diversity	Harmony
Being the best	Environment	Health
Belonging	Efficiency	Home
Career	Equality	Honesty
Caring	Ethics	Hope
Collaboration	Excellence	Humility
Commitment	Fairness	Humor
Community	Faith	Inclusion
Compassion	Family	Independence
Competence	Financial stab.	Initiative
Confidence	Forgiveness	Integrity



## Core Values List

Intuition  
Job security  
Joy  
Justice  
Kindness  
Knowledge  
Leadership  
Learning  
Legacy  
Leisure  
Love  
Loyalty  
Making a  
difference  
Nature  
Openness  
Optimism  
Order  
Parenting

Patience  
Patriotism  
Peace  
Perseverance  
Personal  
fulfillment  
Power  
Pride  
Recognition  
Reliability  
Resourcefulness  
Respect  
Responsibility  
Risk-taking  
Safety  
Security  
Self-discipline  
Self-expression  
Self-respect  
Serenity  
Service  
Simplicity  
Spirituality  
Sportsmanship  
Stewardship  
Success  
Teamwork  
Thrift  
Time  
Tradition  
Travel  
Trust  
Truth  
Understanding  
Uniqueness  
Usefulness  
Vision  
Vulnerability  
Wealth  
Well-being  
Wisdom  
Write your own:



# Core Values List

My top 3 core values are:

These are important to me because:



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These are important to me because: