



## LIST OF CORE VALUES

Take some time to explore this list of values and beliefs, and consider which ones resonate with you. Select the top ten values and narrow it down to 5 that could become the basis of your core value system.

Here are some questions to help you see where these values show up in your life:

- How do you define this value?
- What actions and activities reflect this value?
- What else could you do to further align yourself with this value?
- Could you do more to include this value in your daily life?

Abundance	Family	Love
Advancement	Finances	Love of Career
Adventure	Finesse	Loyalty
Affection	Fitness	Openness
Appreciation	Forgiveness	Order
Balance	Freedom	Patience
Be True To Yourself	Friendship/Relationship	Peace
Beauty	Fulfilment	Personal Development
Career	Fun	Power
Caring	Fun-Loving	Pride in Your Work
Change	Generosity	Professionalism
Challenge	Giving People a Chance	Prosperity
Charisma	Goodness	Quality
Clarity	Grace	Reciprocity
Commonality	Gratitude	Relationship
Communication	Happiness	Religion
Compassion	Hard work	Renewal
Connection	Harmony	Resilience
Contentment	Health	Respect
Contributing	Home	Security
Cooperation	Honesty	Self Respect
Courage	Humanity	Speed
Creativity	Humour	Spiritualism
Diligence	Innovation	Strength
Discipline	Integrity	Success
Diversity	Intelligence	Teamwork
Effectiveness	Invention	This Too Shall Pass Attitude
Encouragement	Involvement	Trusting Your Gut
Endurance	Joy	Wealth
Enjoyment	Peace	Wellness
Entertain	Play	Willingness
Entrepreneurial	Purpose	Wisdom
Excellence	Justice	Work Smarter and Harder
Excitement	Kindness	
Facilitation	Knowledge	
Faith	Leadership	
Fame	Learning	