

# YOUR CORE VALUES

Abundance	Discretion	Kindness	Romance
Acceptance	Diversity	Knowledge	Rules
Accountability	Duty	Leadership	Sacrifice
Accuracy	Eagerness	Learning	Satisfaction
Achievement	Ease	Liberty	Science
Aesthetics	Education	Logic	Security
Adventure	Efficiency	Longevity	Self-control
Affection	Encouragement	Love	Selflessness
Affluence	Energy	Loyalty	Self-reliance
Ambition	Enjoyment	Mastery	Self-respect
Anticipation	Enlightenment	Maturity	Sensitivity
Appearance	Entertainment	Mindfulness	Serenity
Appreciation	Enthusiasm	Motivation	Service or serving
Approachability	Equality	Nature	Sharing
Approval	Ethics	Open-mindedness	Simplicity
Awareness	Excellence	Optimism	Sincerity
Awe	Excitement	Organization	Solitude
Balance	Faith	Originality	Spirituality
Beauty	Family	Patience	Spontaneity
Belonging	Feelings	Passion	Sports
Boldness	Fitness	Peace	Stability
Bravery	Flexibility	Perfection	Status
Brilliance	Frankness	Perseverance	Strength
Candor	Freedom	Philanthropy	Structure
Capability	Friendship	Playfulness	Success
Care	Frugality	Pleasure	Support
Carefulness	Fun	Popularity	Synergy
Challenge	Generosity	Power	Teaching
Change	Gratitude	Practicality	Thankfulness
Charity	Growth	Precision	Tidiness
Cheerfulness	Happiness	Preparedness	Transcendence
Clarity	Harmony	Pride	Trust
Comfort	Health	Privacy	Truth
Common sense	Home	Professionalism	Understanding
Commitment	Honesty	Prosperity	Uniqueness
Community	Honor	Punctuality	Unity
Compassion	Hope	Quality	Usefulness
Competence	Hospitality	Rationality	Vision
Confidence	Humility	Reason	Vitality
Consistency	Humor	Recognition	Volunteering
Control	Imagination	Recreation	Vulnerability
Cooperation	Impartiality	Relationships	Warmth
Courage	Independence	Relaxation	Wealth
Creativity	Individuality	Religion	Wisdom
Decisiveness	Insightfulness	Reliability	Zeal
Dedication	Inspiration	Relief	
Dependability	Instruction	Reputation	
Depth	Integrity	Resilience	
Devotion	Intellect	Resolve	
Dignity	Intimacy	Resourcefulness	
Discernment	Intuition	Respect	
Discipline	Joy	Responsibility	
Discovery	Justice	Rest	

Identify your 5 main core values

Write them down at the top of a page. Each day put a check mark if you lived in alignment with them.