



Values Inspiration

While Scott Jeffrey noted that "Values aren't selected; they're discovered. We don't choose our values. Our values reveal themselves to us", you may feel the need for some inspiration to get started. Here is a list of some values. Without overthinking, trust your gut as you run through the list and write down those that jump out and resonate with you:

Acceptance	Control	Fidelity	Joy	Realistic	Success
Accomplishment	Conviction	Focus	Justice	Reason	Support
Accountability	Cooperation	Foresight	Kindness	Recognition	Surprise
Accuracy	Courage	Fortitude	Knowledge	Recreation	Sustainability
Achievement	Courtesy	Freedom	Lawful	Reflective	Talent
Adaptability	Creativity	Friendship	Leadership	Respect	Teamwork
Alertness	Credibility	Fun	Learning	Responsibility	Temperance
Altruism	Curiosity	Generosity	Liberty	Restraint	Thankful
Ambition	Decisive	Genius	Logic	Results-oriented	Thorough
Amusement	Decisiveness	Giving	Love	Reverence	Thoughtful
Assertiveness	Dedication	Goodness	Loyalty	Rigor	Timeliness
Attentive	Dependability	Grace	Mastery	Risk	Tolerance
Awareness	Determination	Gratitude	Maturity	Satisfaction	Toughness
Balance	Development	Greatness	Meaning	Security	Traditional
Beauty	Devotion	Growth	Moderation	Self-reliance	Tranquillity
Boldness	Dignity	Happiness	Motivation	Selfless	Transparency
Bravery	Discipline	Hard work	Openness	Sensitivity	Trust
Brilliance	Discovery	Harmony	Optimism	Serenity	Trustworthy
Calm	Drive	Health	Order	Service	Truth
Capable	Effectiveness	Honesty	Organisation	Sharing	Understanding
Careful	Efficiency	Honour	Originality	Significance	Uniqueness
Certainty	Empathy	Hope	Passion	Silence	Unity
Challenge	Empower	Humility	Patience	Simplicity	Valour
Charity	Endurance	Imagination	Peace	Sincerity	Victory
Cleanliness	Energy	Improvement	Performance	Skill	Vigour
Clear	Enjoyment	Independence	Persistence	Skilfulness	Vision
Clever	Enthusiasm	Individuality	Playfulness	Smart	Vitality
Comfort	Equality	Innovation	Poise	Solitude	Wealth
Commitment	Ethical	Inquisitive	Potential	Spirit	Welcoming
Common sense	Excellence	Insightful	Power	Spirituality	Winning
Communication	Experience	Inspiring	Present	Spontaneous	Wisdom
Community	Exploration	Integrity	Productivity	Stability	Wonder
Compassion	Expressive	Intelligence	Professionalism	Status	
Competence	Fairness	Intensity	Prosperity	Stewardship	
Concentration	Family	Intuitive	Purpose	Strength	
Confidence	Famous	Irreverent	Quality	Structure	
Consciousness	Fearless				
Consistency	Feelings				
Contentment	Ferocious				
Contribution					