My personal values assessment

Read through this list of personal values and check your top 10.

My values that are important to me:

- ☐ Acceptance
- ☐ Accuracy
- ☐ Achievement
- ☐ Art
- ☐ Attractiveness
- ☐ Authority
- ☐ Autonomy
- ☐ Beauty
- ☐ Belonging
- ☐ Caring
- ☐ Challenge
- ☐ Comfort
- ☐ Commitment
- ☐ Compassion
- ☐ Complexity
- ☐ Compromise
- ☐ Contribution
- ☐ Cooperation
- ☐ Courage
- ☐ Courtesy
- ☐ Creativity
- ☐ Curiosity
- ☐ Dependability
- ☐ Diligence
- ☐ Duty
- ☐ Ecology
- ☐ Excitement
- ☐ Faithfulness
- ☐ Fame
- ☐ Family
- ☐ Fitness
- ☐ Flexibility
- ☐ Forgiveness
- ☐ Freedom
- ☐ Friendship
- ☐ Fun
- ☐ Generosity
- ☐ Genuineness
- ☐ Gratitude
- ☐ Growth
- ☐ Health
- ☐ Honesty
- ☐ Hope
- ☐ Humility
- ☐ Humor
- ☐ Imagination
- ☐ Independence
- ☐ Industry
- ☐ Inner peace
- ☐ Integrity
- ☐ Intelligence
- ☐ Intimacy
- ☐ Justice
- ☐ Knowledge
- ☐ Leadership
- ☐ Leisure
- ☐ Loved
- ☐ Mastery
- ☐ Mindfulness
- ☐ Moderation
- ☐ Music
- ☐ Nonconformity
- ☐ Novelty
- ☐ Nurturance
- ☐ Openness
- ☐ Order
- ☐ Passion
- ☐ Patriotism
- ☐ Popularity
- ☐ Power
- ☐ Practicality
- ☐ Protect
- ☐ Provide
- ☐ Purpose
- ☐ Rationality
- ☐ Realism
- ☐ Relationships
- ☐ Responsibility
- ☐ Risk
- ☐ Romance
- ☐ Safety
- ☐ Self-acceptance
- ☐ Self-control
- ☐ Self-esteem
- ☐ Self-knowledge
- ☐ Service
- ☐ Sexuality
- ☐ Simplicity
- ☐ Solitude
- ☐ Spirituality
- ☐ Stability
- ☐ Tolerance
- ☐ Tradition
- ☐ Virtue
- ☐ Wealth
- ☐ World peace

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Now, narrow down your top 10 values to your top 5 (in any order).

My most important values are:

1.

2.

3.

4.

5.

How have you lived and worked by these core values in the last week, month, or year?

Where are you struggling to live and work by your core values? How can you improve over the next week, month, or year?

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