

# Values

*This handout is a list of over 160 values to help you think about what is important to your life.*



Acceptance	Companionship	Expression
Accomplishment	Compassion	Fairness
Accountability	Competence	Faith
Accuracy	Competition	Fame
Achievement	Connection	Family
Acknowledgement	Consideration	Fitness
Advancement	Contact	Flexibility
Adventure	Contemplation	Forgiveness
Ambition	Contentment	Freedom
Appreciation	Contribution	Friendship
Attractiveness	Control	Fun
Authority	Cooperation	Generosity
Autonomy	Courage	Genuineness
Balance	Courtesy	Grace
Beauty	Creativity	Gratitude
Belonging	Curiosity	Growth
Building	Decency	Happiness
Calmness	Dependability	Hardworking
Capability	Determination	Harmony
Caring	Development	Health
Challenge	Dignity	Helpfulness
Change	Duty	Honesty
Choice	Efficiency	Honor
Cleanliness	Empathy	Hope
Closeness	Enjoyment	Humility
Collaboration	Entrepreneurship	Humor
Comfort	Environmentalism	Independence
Commitment	Equality	Influence
Common Good	Excellence	Innovation
Community	Excitement	Insight

Handout - Comprehensive List of Values  
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Integrity  
Intelligence  
Intimacy  
Joy  
Justice  
Kindness  
Knowledge  
Leadership  
Learning  
Leisure  
Love  
Loyalty  
Mastery  
Mindfulness  
Moderation  
Nature  
Non-conformity  
Nurturance  
Obedience  
Openness  
Order  
Originality  
Passion  
Patience  
Peace  
Perfection  
Perserverance  
Pleasure  
Politeness  
Popularity

Positivity  
Power  
Professionalism  
Protection  
Purpose  
Quality  
Rationality  
Realism  
Recognition  
Relaxation  
Reliability  
Resourcefulness  
Respect  
Responsibility  
Risk taking  
Romance  
Safety  
Security  
Serenity  
Service  
Sexuality  
Simplicity  
Solitude  
Spirituality  
Spontaneity  
Stability  
Status  
Strength  
Success  
Support

Teaching  
Teamwork  
Tenacity  
Tolerance  
Tradition  
Trust  
Truth  
Understanding  
Variety  
Virtue  
Vitality  
Wealth  
Wellness  
Wisdom

