

# Values Checklist

Compiled by Liz Sumner



## Values Checklist

Abundance		Charm		Directness		Fluency	
Acceptance		Chastity		Discipline		Focus	
Accessibility		Cheerfulness		Discovery		Fortitude	
Accomplishment		Clarity		Discretion		Frankness	
Accuracy		Cleanliness		Diversity		Freedom	
Achievement		Clear-mindedness		Dominance		Friendliness	
Acknowledgement		Cleverness		Dreaming		Frugality	
Activeness		Closeness		Drive		Fun	
Adaptability		Comfort		Duty		Gallantry	
Adoration		Commitment		Dynamism		Generosity	
Adroitness		Compassion		Eagerness		Gentility	
Adventure		Completion		Economy		Giving	
Affection		Composure		Ecstasy		Grace	
Affluence		Concentration		Education		Gratitude	
Aggressiveness		Confidence		Effectiveness		Gregariousness	
Agility		Conformity		Efficiency		Growth	
Alertness		Congruency		Elation		Guidance	
Altruism		Connection		Elegance		Happiness	
Ambition		Consciousness		Empathy		Harmony	
Amusement		Consistency		Encouragement		Health	
Anticipation		Contentment		Endurance		Heart	
Appreciation		Continuity		Energy		Helpfulness	
Approachability		Contribution		Enjoyment		Heroism	
Articulacy		Control		Entertainment		Holiness	
Assertiveness		Conviction		Enthusiasm		Honesty	
Assurance		Conviviality		Excellence		Honor	
Attentiveness		Coolness		Excitement		Hopefulness	
Attractiveness		Cooperation		Exhilaration		Hospitality	
Audacity		Cordiality		Expectancy		Humility	
Availability		Correctness		Expediency		Humor	
Awareness		Courage		Experience		Hygiene	
Awe		Courtesy		Expertise		Imagination	
Balance		Craftiness		Exploration		Impact	
Beauty		Creativity		Expressiveness		Impartiality	
Being the best		Credibility		Extravagance		Independence	
Belonging		Cunning		Extroversion		Industry	
Benevolence		Curiosity		Exuberance		Ingenuity	
Bliss		Daring		Fairness		Inquisitiveness	
Boldness		Decisiveness		Faith		Insightfulness	
Bravery		Decorum		Fame		Inspiration	
Brilliance		Deference		Family		Integrity	
Buoyancy		Delight		Fascination		Intelligence	
Calmness		Dependability		Fashion		Intensity	
Camaraderie		Depth		Fearlessness		Intimacy	
Candor		Desire		Ferocity		Intrepidity	
Capability		Determination		Fidelity		Introversion	
Care		Devotion		Fierceness		Intuition	
Carefulness		Devoutness		Financial independence		Intuitiveness	
Celebrity		Dexterity		Firmness		Inventiveness	
Certainty		Dignity		Fitness		Investing	
Challenge		Diligence		Flexibility		Joy	

Instructions:

1. Check your top 25 values; 2. Of those, circle your top ten; 3. From those choose your top three;
4. If you had to choose, which of those is most important?

Charity	Direction	Flow	Judiciousness
Justice	Philanthropy	Self-control	Unity
Keeness	Piety	Selflessness	Usefulness
Kindness	Playfulness	Self-reliance	Utility
Knowledge	Perseverance	Sensitivity	Valor
Leadership	Persistence	Sensuality	Variety
Learning	Persuasiveness	Serenity	Victory
Liberation	Pleasantness	Service	Vigor
Liberty	Pleasure	Sexuality	Virtue
Liveliness	Poise	Sharing	Vision
Logic	Polish	Shrewdness	Vitality
Longevity	Popularity	Significance	Vivacity
Love	Potency	Silence	Warmth
Loyalty	Power	Silliness	Watchfulness
Majesty	Practicality	Simplicity	Wealth
Making a difference	Pragmatism	Sincerity	Willfulness
Mastery	Precision	Skillfulness	Willingness
Maturity	Preparedness	Solidarity	Winning
Meekness	Presence	Solitude	Wisdom
Mellowness	Privacy	Soundness	Wittiness
Meticulousness	Proactivity	Speed	Wonder
Mindfulness	Professionalism	Spirit	Youthfulness
Modesty	Prosperity	Spirituality	Zeal
Motivation	Prudence	Spontaneity	
Mysteriousness	Punctuality	Spunk	<b>ADD YOUR OWN</b>
Neatness	Purity	Stability	
Nerve	Realism	Stealth	
Obedience	Reason	Stillness	
Open-mindedness	Reasonableness	Strength	
Openness	Recognition	Structure	
Optimism	Recreation	Success	
Order	Refinement	Support	
Organization	Reflection	Surprise	
Originality	Relaxation	Sympathy	
Outlandishness	Reliability	Synergy	
Outrageousness	Religiousness	Teamwork	<b>YOUR TOP 3</b>
Passion	Resilience	Temperance	
Peace	Resolution	Thankfulness	
Perceptiveness	Resolve	Thoroughness	
Perfection	Resourcefulness	Thoughtfulness	
	Respect	Thrift	
	Rest	Tidiness	
	Restraint	Timeliness	
	Reverence	Traditionalism	
	Richness	Tranquility	
	Rigor	Transcendence	
	Sacredness	Trust	
	Sacrifice	Trustworthiness	
	Sagacity	Truth	
	Saintliness	Understanding	
	Satisfaction	Unflappability	
	Security	Uniqueness	