List of Values Worksheet

Abundance	Comfort	Effectiveness	Heroism	Neatness	Sacrifice	Uniqueness
Acceptance	Commitment	Efficiency Elation	Holiness	Nerve	Sagacity	Unity
Accessibility	Community	Elegance	Honesty	Nonconformity	Saintliness	Usefulness
Accomplishment	Compassion	Empathy	Honor	Obedience	Sanguinity	Utility
Accountability	Competence	Endurance	Hopefulness	Openness	Satisfaction	Valor
Achievement	Competition	Energy	Hospitality	Optimism	Science	Variety
Activeness	Completion	Enjoyment	Humility	Order	Security	Victory
Adaptability	Composure	Entertainment	Humor	Organization	Self-control	Vigor
Adoration	Concentration	Enthusiasm	Hygiene	Originality	Selflessness	Virtue
Advancement	Confidence	Environment	Imagination	Outdoors	Self-reliance	Vision
Adventure	Conformity	Ethics	Impact	Partnership	Self-respect	Vitality
Affection	Congruency	Euphoria	Independence	Patience	Sensitivity	Vivacity
Affluence	Connection	Excellence	Individuality	Passion	Sensuality	Volunteering
Aggressiveness	Consistency	Excitement	Industry	Peace	Serenity	Warmth
Agility	Contentment	Exhilaration	Influence	Perceptiveness	Service	Watchfulness
Alertness	Continuity	Expectancy	Ingenuity	Perfection	Sexuality	Wealth
Altruism	Contribution	Expediency	Inquisitiveness	Perseverance	Sharing	Willfulness
Amazement	Control	Experience	Insightfulness	Persistence	Shrewdness	Willingness
Ambition	Conviction	Expertise	Inspiration	Philanthropy	Significance	Winning
Amusement	Coolness	Exploration	Intellect	Piety	Silence	Wisdom
Anticipation	Cooperation	Extravagance	Intelligence	Playfulness	Silliness	Wittiness
Appreciation	Cordiality	Extroversion	Intensity	Pleasantness	Simplicity	Wonder
Approachability	Correctness	Exuberance	Intimacy	Pleasure	Sincerity	Worthiness
Approval	Country	Fairness	Intrepidness	Popularity	Skillfulness	Youthfulness
Art	Courage	Faith	Introspection	Potency	Solidarity	Zeal
Articulacy	Courtesy	Fame	Introversion	Power	Solitude	
Assertiveness	Craftiness	Family	Intuition	Practicality	Sophistication	
Assurance	Creativity	Fascination	Intuitiveness	Pragmatism	Soundness	
Attentiveness	Credibility	Fashion	Inventiveness	Precision	Speed	
Attractiveness	Cunning	Fearlessness	Investing	Preparedness	Spirituality	
Availability	Curiosity	Ferocity	Involvement	Presence	Spontaneity	
Awareness	Daring	Fidelity	Joy	Pride	Stability	
Balance	Decisiveness	Fierceness	Justice	Privacy	Status	
Beauty	Decorum	Firmness	Keenness	Proactivity	Stillness	
Being the best	Deference	Fitness	Kindness	Prudence	Strength	
Belonging	Delight	Flexibility	Knowledge	Punctuality	Structure	
Benevolence	Dependability	Flow	Leadership	Purity	Success	
Boldness	Depth	Fluency	Learning	Rationality	Support	
Bravery	Desire	Focus	Liberation	Realism	Supremacy	
Brilliance	Determination	Fortitude	Liberty	Reason	Surprise	
Calmness	Devotion	Frankness	Lightness	Recognition	Sympathy	
Camaraderie	Dignity	Freedom	Liveliness	Recreation	Synergy	
Capability	Diligence	Friendliness	Logic	Refinement	Teaching	
Care	Direction	Friendship	Longevity	Reflection	Teamwork	
Carefulness	Directness	Frugality	Love	Relaxation	Temperance	
Celebrity	Discipline	Fun	Loyalty	Reliability	Thankfulness	
Certainty	Discovery	Generosity	Majesty	Relief	Thoroughness	
Challenge	Discretion	Gentility	Marriage	Religiousness	Thoughtfulness	
Change	Diversity	Giving	Mastery	Reputation	Thrift	
Charity	Dominance	Grace	Maturity	Resilience	Tidiness	
Charm	Dreaming	Gratitude	Meaning	Resolution	Timeliness	
Cheerfulness	Drive	Growth	Meekness	Resourcefulness	Traditionalism	
Clarity	Duty	Guidance	Mellowness	Respect	Tranquility	
Cleanliness	Dynamism	Happiness	Meticulousness	Responsibility	Transcendence	
Cleverness	Eagerness	Harmony	Mindfulness	Rest	Trust	
Consciousness	Ease	Health	Modesty	Restraint	Trustworthiness	
Conservation	Economy	Heart	Motivation	Reverence	Truth	
Conviviality	Ecstasy	Helpfulness	Mysteriousness	Richness Sacredness	Understanding	
Closeness	Education		Nature		Unflappability	