# List of Values Worksheet

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