

## Core Values<sup>1</sup>

There is no such thing as a “right” or “wrong” value; this list is merely to get you thinking about what your own values are. Mark each value as V, Q, or N, where V = very important; Q = quite important; N = not so important.

1. *Acceptance*: to be open to and accepting of myself, others, life and so on.
2. *Adventure*: to be adventurous; to actively seek; create, or explore novel or stimulating experiences.
3. *Assertiveness*: to respectfully stand up for my rights and request what I want.
4. *Authenticity*: to be genuine and real; to be true to myself.
5. *Beauty*: to appreciate, create, nurture, or cultivate beauty in myself, others, the environment, so on.
6. *Caring*: to be caring toward myself; others, the environment and so on.
7. *Challenge*: to keep challenging myself to grow, learn and improve.
8. *Compassion*: to act with kindness toward others and toward myself.
9. *Conformity*: to be respectful and obedient of rules and obligations.
10. *Connection*: to engage fully in whatever I am doing, and be fully present with others.
11. *Contribution*: to help or make a positive difference to myself or others.
12. *Cooperation*: to cooperate and collaborate with others.
13. *Courage*: to be brave; to persist in the face of fear, threat, or difficulty.
14. *Creativity*: to be creative or innovative.
15. *Curiosity*: to be open-minded and interested; to explore and discover.
16. *Encouragement*: to reward behavior that I value in myself and others.
17. *Equality*: to treat others as equal to myself, and vice versa.
18. *Excitement*: to seek, create and engage in activities that are exciting, stimulating, or thrilling.
19. *Fairness*: to be fair to myself and others.
20. *Fitness*: to maintain or improve my fitness; to look after my physical health and well-being and that of others.
21. *Flexibility*: to adjust and adapt readily to changing circumstances.
22. *Forgiveness*: to be forgiving toward myself and others.
23. *Freedom*: to live freely; to choose how I live and behave, and to help others do likewise.
24. *Friendliness*: to be friendly, companionable, or agreeable toward others.
25. *Fun*: to seek, create and engage in fun-filled activities.
26. *Generosity*: to be sharing and giving, to both myself and others.
27. *Gratitude*: to be grateful for and appreciative of the positive aspects of myself, others and life in general.
28. *Honesty*: to be honest, truthful, and sincere with myself and others.
29. *Humility*: to be humble or modest; to let my achievements speak for themselves.
30. *Humor*: to see and appreciate the humorous side of life, and bring it to others.
31. *Independence*: to support myself and choose my own way of doing things.

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<sup>1</sup> Harris, R. (2011). *The Confidence Gap*. Boston, MA: Shambhala.

32. *Industry*: to be industrious, hardworking, dedicated.
33. *Intimacy*: to open up, reveal and share myself – emotionally or physically – in my close personal relationships.
34. *Justice*: to uphold justice and fairness.
35. *Kindness*: to be kind, compassionate, considerate, nurturing, or caring toward myself and others.
36. *Love*: to act lovingly or affectionately toward myself and others.
37. *Mindfulness*: to be conscious of, open to, and curious about my here-and-now experiences.
38. *Open-mindedness*: to think things through, see things from others' points of view, and weigh evidence fairly.
39. *Order*: to be orderly and organized.
40. *Patience*: to wait calmly and tolerantly for what I want.
41. *Pleasure*: to create and give pleasure to myself and to others.
42. *Persistence*: to continue resolutely, despite problems or difficulties.
43. *Power*: to strongly influence or wield authority over others; to take charge, lead and organize.
44. *Reciprocity*: to build relationships in which there is a fair balance of giving and taking.
45. *Respect*: to be respectful toward myself and others; to be polite, considerate and show positive regard.
46. *Responsibility*: to be responsible and accountable for my actions.
47. *Romance*: to be romantic; to display and express love or strong affection.
48. *Safety*: to secure, protect, or ensure the safety of myself and others.
49. *Self-awareness*: to be aware of my own thoughts, feelings, and actions.
50. *Self-care*: to look after my health and well-being, and get my needs met.
51. *Self-development*: to keep growing, advancing, or improving in knowledge, skills, character, or life experiences.
52. *Self-control*: to act in accordance with my own ideals.
53. *Sensuality*: to create, explore, and enjoy experiences that stimulate the senses.
54. *Sexuality*: to explore and express my sexuality.
55. *Spirituality*: to connect with something bigger than myself.
56. *Skillfulness*: to continually practice and improve my skills, and apply myself fully when using them.
57. *Supportiveness*: to be supportive, helpful, encouraging, and available to myself and to others.
58. *Trust*: to be trustworthy; to be faithful, loyal, sincere, and reliable.
59. *(add others)*
60. *(add others)*