**Clarifying Your Values** (Alphabetical Values List**)**

Circle 10 most important values to you.

Then from those ten decide on the 3 most important.

The values you choose you want to influence all you do, say and think. They will become more refined as you define them and will change shape as your life changes. If you keep them in your awareness they can nourish all other facets of your life personal life, when among family and friends, and in groups you attend. How can you grow them? What can change or let go of to align what you do with these values?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Accountability | Creativity | Helpful | Loyalty | Self-expression |
| Achievement | Dignity | Home | Making a difference | Self-respect |
| Adaptability | Diversity | Honesty | Openness | Serenity |
| Adventure | Environment | Hope | Optimism | Service |
| Altruism | Efficiency | Humility | Order | Simplicity |
| Authenticity | Equality | Humor | Nature | Spirituality |
| Balance | Ethics | Imaginative | Parenting | Sportsmanship |
| Beauty | Excellence | Inclusion | Patriotism | Stewardship |
| Being | Fairness | Independence | Patience | Success |
| Being the best | Faith | Integrity | Peace | Time |
| Belonging | Family | Intellectual | Perseverance | Teamwork |
| Career | Financial Stability | Initiative | Personal fulfillment | Thrift |
| Caring | Forgiveness | Intuition | Polite | Tradition |
| Collaboration | Freedom | Job security | Power | Travel |
| Commitment | Friendship | Joy | Pride | Trust |
| Community | Fun | Justice | Recognition | Truth |
| Compassion | Generativity | Kindness | Reliability | Understanding |
| Competence | Giving | Knowledge | Respect | Uniqueness |
| Confidence | Grace | Leadership | Resourcefulness | Usefulness |
| Connection | Gratitude | Learning | Responsible | Vision |
| Contentment | Growth | Legacy | Risk-taking | Vulnerability |
| Contribution | Happiness | Leisure | Safety | Wealth |
| Cooperation | Harmony | Logical | Security | Well-being |
| Courage | Health | Love | Self-discipline | Wisdom |

* List adapted from Brene’ Brown, LCC 2020 brenebrown.com/daretolead,  [*Scott Jeffrey*](https://scottjeffrey.com) ahttps://thehappinessplanner.com/pages/list-of-core-values