

Value Assessment

1. Look through the list of values below and list as many as apply with a goal to find at least 20

Above and Beyond

Dependability

Individuality

Reason

Acceptance

Depth

Industry

Recognition

Devout

Insight

Relaxation

Achievement

Different

Reliability

Accessibility

Determination

Informal

Recreation

Accomplishment

Determined

Innovation

Refined

Accountability

Activity

Differentiation

Inspiration

Adaptability

Dignity

Rigor

Development

Innovative

Reflection

Accuracy

Devotion

Inquisitive

Relationships

Accurate

Integrity

Resilience

Adventure

Diligence

Intelligence

Resolute	Eagerness	Attention to Detail
Adventurous	Justice	Empathy
Direct	Results	Lively
Intensity	Kindness	Sanitary
Resolution	Results-Oriented	Attentive
Affection	Education	Employees
Directness	Leadership	Local
Discipline	Rigor	Satisfaction
Intuition	Generosity	Attentiveness
Discovery	Appreciation	Empower
Resourcefulness	Learning	Logic
Agility	Risk	Security
Discretion	Approachability	Availability
Invention	Effectiveness	Empowering
Respect	Risk Taking	Longevity
Aggressiveness	Approachable	Self-Awareness
Diversity	Efficiency	Available
Respect	Level-Headed	Encouragement
Alert	Rule of Law	Love
Altruism	Assertive	Self-Motivation
Responsiveness	Efficient	Awareness
Ambition	Liberty	Endurance
Drive	Sacrifice	Loyalty
Duty	Assertiveness	Self-Responsibility
Joy	Elegance	Balance
Restraint	Listening	Energy
Anti-Bureaucratic	Safety	Mastery

Self-Control	Boldness	Motivation
Beauty	Equality	Silliness
Engagement	Serious	Capable
Maturity	Bravery	Exuberance
Self-Directed	Equitable	Mystery
Being the Best	Merit	Simplicity
Enjoyment	Service	Careful
Selfless	Brilliance	Experience
Family	Ethical	Neatness
Intimacy	Meritocracy	Sincerity
Dominance	Shared Prosperity	Carefulness
Down-to-Earth	Brilliant	Expertise
Responsibility	Exceed Expectations	Skill
Belonging	Meticulous	Caring
Entertainment	Sharing	Exploration
Maximum Utilization	Calm	Certainty
Self-Reliance	Excellence	Explore
Enthusiasm	Mindful	Obedience
Meaning	Shrewd	Smart
Sense of Humor	Calmness	Challenge
Entrepreneurship	Excitement	Expressive
Meekness	Significance	Openness
Sensitivity	Candor	Solitude
Moderation	Modesty	Change
Environment	Silence	Extrovert
Mellow	Capability	Open-Minded
Serenity	Exhilarating	Speed

Character	Collaboration	Timeliness
Fairness	Fidelity	Concern for Others
Faith	Patient-Centered	Fresh Ideas
Optimism	Success	Persuasive
Spirituality	Comfort	Timely
Cheerful	Fierce	Confidence
Faithfulness	Commitment	Friendly
Order	Support	Philanthropy
Spontaneous	Common Sense	Tolerance
Stability	Fitness	Confidential
Clean	Communication	Friendship
Cleanliness	Sustainability	Play
Fame	Community	Confidentiality
Originality	Flexibility	Frugality
Status	Peace	Playfulness
Clear	Sympathy	Fun
Outrageous	Compassion	Tradition
Stealth	Flexible	Connection
Clear-Minded	Synergy	Generosity
Fast	Competence	Poise
Partnership	Perception	Consciousness
Stewardship	Competency	Genius
Fearless	Freedom	Polish
Passion	Personal Development	Tranquility
Strength	Thoughtful	Consistency
Patience	Concentration	Giving
Structure	Personal Growth	Popularity

Transparency	Competition	Hope
Content	Focus on Future	Profits
Positive	Perfection	Vision
Trust	Teamwork	Curiosity
Contentment	Competitive	Progress
Goodness	Foresight	Hospitality
Trustworthy	Performance	Prosperity
Continuity	Temperance	Vitality
Goodwill	Completion	Warmth
Potential	Formal	Humility
Truth	Perseverance	Punctuality
Continuous Improvement	Thankful	Humor
Gratitude	Composure	Purity
Power	Fortitude	Daring
Understanding	Persistence	Hygiene
Focus	Thorough	Wealth
Perceptive	Honor	Decency
Talent	Virtue	Imagination

2. Group the values you selected into like groups. Aim for somewhere between 3-6 groups from your larger list of 20. (ie. Connection, Integrity, Success, Love)

1	2	3	4	5	6

3. Once you've assigned them each to a group, choose one value that encompasses all the rest. These are your core values.

1.	2.
3.	4.
5.	

