

Identifying Your Core Values

Your core values are a huge part of who you who you are. When you are able to make *values-based decisions*, then you will feel most yourself. Some values may come easily, and others may be values that you are working to incorporate more in your life.

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| 1. Accomplishment | 29. Fame | 58. New Experiences |
| 2. Authenticity | 30. Family | 59. Openness |
| 3. Achievement | 31. Financial security | 60. Optimism |
| 4. Adventure | 32. Flexibility | 61. Peace |
| 5. Authenticity | 33. Freedom | 62. Perseverance |
| 6. Authority | 34. Friendship | 63. Pleasure |
| 7. Autonomy | 35. Fun | 64. Poise |
| 8. Balance | 36. Generosity | 65. Popularity |
| 9. Beauty | 37. Gratitude | 66. Practicality |
| 10. Boldness | 38. Growth | 67. Prosperity |
| 11. Challenge | 39. Happiness | 68. Recognition |
| 12. Citizenship | 40. Harmony | 69. Religion |
| 13. Commitment | 41. Health | 70. Reputation |
| 14. Community | 42. Honesty | 71. Respect |
| 15. Compassion | 43. Humor | 72. Responsibility |
| 16. Competency | 44. Influence | 73. Security |
| 17. Contribution | 45. Inner Harmony | 74. Self-Expression |
| 18. Courage | 46. Innovation | 75. Self-Respect |
| 19. Creativity | 47. Intimacy | 76. Sensuality |
| 20. Curiosity | 48. Joy | 77. Serenity |
| 21. Determination | 49. Justice | 78. Service |
| 22. Discipline | 50. Kindness | 79. Spirituality |
| 23. Discovering | 51. Knowledge | 80. Stability |
| 24. Empathy | 52. Leadership | 81. Success |
| 25. Excellence | 53. Learning | 82. Status |
| 26. Experimentation | 54. Love | 83. Trustworthiness |
| 27. Fairness | 55. Loyalty | 84. Wealth |
| 28. Faith | 56. Mastery | 85. Wisdom |
| | 57. Meaningful Work | |