

List of Values

November 29, 2004 by Steve Pavlina

The following list of values will help you develop a clearer sense of what's most important to you in life, as explained in the article Living Your Values. Simply copy or print this list, mark the values which most resonate with you, and then sort your list in order of priority. While most values on this list will have little or no significance to you (and some may even seem negative to you), some values will surely call to you, and you'll feel, "Yes, this value is a part of me." Use this values list as a guide. It contains many synonyms but is not exhaustive, so feel free to add unlisted values to your list as well.

Values

Abundance
Acceptance
Accessibility
Accomplishment
Accountability
Accuracy
Achievement
Acknowledgement
Activeness
Adaptability
Adoration

Adroitness
Advancement
Adventure
Affection
Affluence
Aggressiveness
Agility
Alertness
Altruism
Amazement
Ambition
Amusement
Anticipation
Appreciation
Approachability
Approval
Art
Articulacy
Artistry
Assertiveness
Assurance
Attentiveness
Attractiveness
Audacity
Availability
Awareness
Awe
Balance
Beauty
Being the best
Belonging
Benevolence
Bliss
Boldness
Bravery
Brilliance
Buoyancy

Calmness
Camaraderie
Candor
Capability
Care
Carefulness
Celebrity
Certainty
Challenge
Change
Charity
Charm
Chastity
Cheerfulness
Clarity
Cleanliness
Clear-mindedness
Cleverness
Closeness
Comfort
Commitment
Community
Compassion
Competence
Competition
Completion
Composure
Concentration
Confidence
Conformity
Congruency
Connection
Consciousness
Conservation
Consistency
Contentment
Continuity

Contribution
Control
Conviction
Conviviality
Coolness
Cooperation
Cordiality
Correctness
Country
Courage
Courtesy
Craftiness
Creativity
Credibility
Cunning
Curiosity
Daring
Decisiveness
Decorum
Deference
Delight
Dependability
Depth
Desire
Determination
Devotion
Devoutness
Dexterity
Dignity
Diligence
Direction
Directness
Discipline
Discovery
Discretion
Diversity
Dominance

Dreaming	Fame	Holiness	Knowledge
Drive	Family	Honesty	Leadership
Duty	Fascination	Honor	Learning
Dynamism	Fashion	Hopefulness	Liberation
Eagerness	Fearlessness	Hospitality	Liberty
Ease	Ferocity	Humility	Lightness
Economy	Fidelity	Humor	Liveliness
Ecstasy	Fierceness	Hygiene	Logic
Education	Financial independence	Imagination	Longevity
Effectiveness	Firmness	Impact	Love
Efficiency	Fitness	Impartiality	Loyalty
Elation	Flexibility	Independence	Majesty
Elegance	Flow	Individuality	Making a difference
Empathy	Fluency	Industry	Marriage
Encouragement	Focus	Influence	Mastery
Endurance	Fortitude	Ingenuity	Maturity
Energy	Frankness	Inquisitiveness	Meaning
Enjoyment	Freedom	Insightfulness	Meekness
Entertainment	Friendliness	Inspiration	Mellowness
Enthusiasm	Friendship	Integrity	Meticulousness
Environmentalism	Frugality	Intellect	Mindfulness
Ethics	Fun	Intelligence	Modesty
Euphoria	Gallantry	Intensity	Motivation
Excellence	Generosity	Intimacy	Mysteriousness
Excitement	Gentility	Intrepidness	Nature
Exhilaration	Giving	Introspection	Neatness
Expectancy	Grace	Introversion	Nerve
Expediency	Gratitude	Intuition	Nonconformity
Experience	Gregariousness	Intuitiveness	Obedience
Expertise	Growth	Inventiveness	Open-mindedness
Exploration	Guidance	Investing	Openness
Expressiveness	Happiness	Involvement	Optimism
Extravagance	Harmony	Joy	Order
Extroversion	Health	Judiciousness	Organization
Exuberance	Heart	Justice	Originality
Fairness	Helpfulness	Keeness	Outdoors
Faith	Heroism	Kindness	Outlandishness

Outrageousness
Partnership
Patience
Passion
Peace
Perceptiveness
Perfection
Perkiness
Perseverance
Persistence
Persuasiveness
Philanthropy
Piety
Playfulness
Pleasantness
Pleasure
Poise
Polish
Popularity
Potency
Power
Practicality
Pragmatism
Precision
Preparedness
Presence
Pride
Privacy
Proactivity
Professionalism
Prosperity
Prudence
Punctuality
Purity
Rationality
Realism
Reason

Reasonableness
Recognition
Recreation
Refinement
Reflection
Relaxation
Reliability
Relief
Religiousness
Reputation
Resilience
Resolution
Resolve
Resourcefulness
Respect
Responsibility
Rest
Restraint
Reverence
Richness
Rigor
Sacredness
Sacrifice
Sagacity
Saintliness
Sanguinity
Satisfaction
Science
Security
Self-control
Selflessness
Self-reliance
Self-respect
Sensitivity
Sensuality
Serenity
Service

Sexiness
Sexuality
Sharing
Shrewdness
Significance
Silence
Silliness
Simplicity
Sincerity
Skillfulness
Solidarity
Solitude
Sophistication
Soundness
Speed
Spirit
Spirituality
Spontaneity
Spunk
Stability
Status
Stealth
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
Warmheartedness
Warmth
Watchfulness
Wealth
Willfulness
Willingness
Winning
Wisdom
Wittiness
Wonder
Worthiness
Youthfulness
Zeal