

VALUES EXERCISE

Determine your core values. From the list below, choose and write down every core value that resonates with you. Do not overthink your selections. As you read through the list, simply write down the words that feel like a core value to you personally. If you think of a value you possess that is not on the list, be sure to write it down as well.

Abundance

Acceptance

Accountability

Achievement

Advancement

Adventure

Advocacy

Ambition

Appreciation

Attractiveness

Autonomy

Balance

Being the Best

Benevolence

Boldness

Brilliance

Calmness

Caring

Challenge

Charity

Cheerfulness

Cleverness

Community

Commitment

Compassion

Cooperation

Collaboration

Consistency

Contribution

Creativity

Credibility

Curiosity

Daring

Decisiveness

Dedication

Dependability

Diversity

Empathy

Encouragement

Enthusiasm

Ethics

Excellence

Expressiveness

Fairness

Family

Friendships

Flexibility

Freedom

Fun

Generosity

Grace

Growth

Flexibility

Happiness

Health

Honesty

Humility

Humour

Inclusiveness

Independence

Individuality

Innovation

Inspiration

Intelligence

Intuition

Joy

Kindness	Security	Self-Control
Knowledge	Service	Selflessness
Leadership	Spirituality	Simplicity
Learning	Stability	Stability
Love	Peace	Success
Loyalty	Perfection	Teamwork
Making a Difference	Playfulness	Thankfulness
Mindfulness	Popularity	Thoughtfulness
Motivation	Power	Traditionalism
Optimism	Preparedness	Trustworthiness
Open-Mindedness	Proactivity	Understanding
Originality	Professionalism	Uniqueness
Passion	Punctuality	Usefulness
Performance	Recognition	Versatility
Personal Development	Relationships	Vision
Proactive	Reliability	Warmth
Professionalism	Resilience	Wealth
Quality	Resourcefulness	Well-Being
Recognition	Responsibility	Wisdom
Risk Taking	Responsiveness	Zeal
Safety	Security	

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hello@thesimpleseries.com - www.thesimpleseries.com