

Choose Your Values

Being aware of what you value about your life and the type of values you want to embody will help you become more aware of your self-worth and capabilities. This will help you to confidently set realistic goals for your life. Below is a list of qualities that people value. Read over the entire list and choose your values.

Abundance	Acceptance	Accountability	Accomplished
Adaptable	Adventurous	Affectionate	Alert
Appreciative	Articulate	Artistic	Audacious
Authentic	Aware	Beautiful	Blissful
Bold	Brave	Capable	Caring
Charitable	Cheerful	Cleanliness	Comfort
Concern	Confidence	Consideration	Cooperative
Compassionate	Connected	Constructive	Content
Contributing	Courageous	Courteous	Creative
Curious	Daring	Dedicated	Dependable
Desirous	Determined	Devoted	Discerning
Dramatic	Eagerness	Elegance	Encouraging
Endurance	Enlightened	Entertaining	Ethical
Expert	Exploring	Fairness	Faithful
Famous	Family-oriented	Forgiving	Frankness
Friendly	Freedom	Frugality	Fun
Funny	Generous	Gentle	Genuine
Glamorous	Glowing	Graceful	Gratitude
Happiness	Harmony	Health	Helpfulness
Honesty	Hope	Holiness	Holistic
Hospitality	Humor	Impartiality	Imaginative
Influential	Innocence	Inquisitive	Inspiring
Integrity	Intelligence	Inventive	Involvement
Inquisitive	Joyful	Just	Judicious
Kindness	Knowledge	Knowing	Laughter

Lighthearted	Listening	Loving	Loyal
Magnanimous	Mastery	Masterful	Merciful
Nurturing	Open-Minded	Optimism	Order
Originality	Passionate	Patient	Peaceful
Perceptive	Perfection	Perseverance	Persuasive
Playful	Poise	Presence	Prosperity
Punctuality	Purpose	Radiance	Refined
Relaxation	Reliable	Religious	Responsible
Resourceful	Reverent	Robust	Romantic
Rugged	Satisfied	Secure	Self-respect
Self-control	Self-disclosing	Self-esteem	Sensitive
Sensuality	Serenity	Sexy	Sincerity
Sobriety	Spirited	Spiritual	Spontaneous
Sporty	Strong	Stylish	Successful
Supportive	Surrendering	Sympathetic	Tactful
Tasteful	Tenderness	Thoughtful	Tolerant
Trusting	Trustworthy	Truthful	Understanding
Vital	Visionary	Vulnerable	Wealthy
Wholeness	Wisdom	Worthiness	Zeal