

The Values List

We are all born like a blank slate. It is our early experiences and influences that create our view of the world. People and their opinions are grown; it is about the stories we build and believe that make us feel good about who we are and how we live life.

Those stories and influences are enshrined in our values. The most substantial values are our boundaries and can be part of what defines who we are and how we act in the world.

When placed in a situation that pushes against a value, it leads to inner conflicts, like being asked to lie or be dishonest. When company policy changes, some employees will choose to de-commit or leave if challenged enough. (Quite Quitting and the Great Resignation is recent examples in the post-Covid world.)

Values are part of our moral and political compass.

Some of our values are clear, and others are not so obvious; finding your values can be valuable and inspiring work. It can lead to clarity for decision-making and life direction.

Here is a list of 300-plus words.

What words jump out, write them down. But you can only pick 10.

With those ten words, ask yourself why they are important and put them in descending order. You can do fewer words, but at most ten. It is about forcing a choice.

E.g., Is “Ambition” more critical than “Justice”?

Some will be easy some will be close. If these listed words do not fit, replace it with one that works better for you.

There is no right or wrong it is your list.

Look at your daily experience. How many of these values get expressed in work, with friends and family?

It is one of the many paths towards a good life.

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Abundance	Entertain	Performance
Acceptance	Enthusiasm	Persistence
Accomplishment	Entrepreneurial	Personal Development
Accountability	Equality	Piety
Accuracy	Ethical	Playfulness
Achievement	Excellence	Pleasure
Adaptability	Excitement	Poise
Advancement	Experience	Popularity
Adventure	Expertise	Positivity
Affection	Exploration	Potential
Alertness	Expressive	Power
Altruism	Facilitation	Practicality
Ambition	Fairness	Preparedness
Amusement	Faith	Present
Appreciation	Fame	Productivity
Assertiveness	Family	Professionalism
Attentive	Famous	Prosperity
Authenticity	Fearlessness	Prudence
Authority	Feelings	Purpose
Autonomy	Ferocious	Quality
Awareness	Fidelity	Realistic
Balance	Finances	Reason
Beauty	Finesse	Reciprocity
Belonging	Fitness	Recognition
Boldness	Fluency	Recreation
Bravery	Focus	Reflective
Brilliance	Foresight	Relationships
Calm	Forgiveness	Reliability
Calmness	Fortitude	Religion
Candor	Freedom	Renewal
Capability	Friendship	Reputation
Career	Fun	Resourcefulness
Careful	Generosity	Respect
Caring	Genius	Responsibility
Certainty	Giving	Restraint
Challenge	Giving People a Chance	Results-oriented

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Change	Goodness	Reverence
Charisma	Grace	Rigor
Charity	Gratitude	Risk
Cheerfulness	Greatness	Satisfaction
Citizenship	Growth	Security
Clarity	Happiness	Self-actualization
Cleanliness	Hard Work	Self-control
Clear	Harmony	Self-reliance
Clear-mindedness	Health	Self-Respect
Clever	Helping Society	Selflessness
Comfort	Holiness	Sensitivity
Commitment	Home	Serenity
Common sense	Honesty	Service
Commonality	Honour	Sharing
Communication	Hope	Shrewdness
Community	Humanity	Significance
Compassion	Humility	Silence
Competency	Humor	Simplicity
Competitiveness	Imagination	Sincerity
Concentration	Improvement	Skillfulness
Confidence	Independence	Smart
Connection	Individuality	Solitude
Conscientious	Influence	Soundness
Consciousness	Ingenuity	Speed
Consistency	Inner Harmony	Spirit
Contentment	Innovation	Spirituality
Continuous Improvement	Insightfulness	Spontaneity
Contributing	Inspiring	Stability
Control	Integrity	Status
Conviction	Intensity	Stewardship
Cooperation	Intuition	Strategic
Correctness	Invention	Strength
Courage	Involvement	Structure
Courtesy	Joy	Success
Creation	Justice	Support
Creativity	Kindness	Surprise
Credibility	Knowledge	Sustainability
Curiosity	Lawful	Talent

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Decisiveness	Leadership	Teamwork
Dedication	Learning	Temperance
Democratic	Legacy	Thankfulness
Dependability	Liberty	Thorough
Determination	Logic	Thoughtfulness
Development	Love	Timeliness
Devotion	Loyalty	Tolerance
Devoutness	Making a difference	Toughness
Dignity	Mastery	Tradition
Diligence	Maturity	Tranquility
Discipline	Meaning	Transparency
Discovery	Meaningful Work	Trust
Discretion	Merit	Trustworthiness
Diversity	Moderation	Truth
Drive	Motivation	Truth-seeking
Dynamism	Obedience	Understanding
Economy	Openness	Uniqueness
Effectiveness	Optimistic	Unity
Efficiency	Order	Unity
Elegance	Organization	Usefulness
Empathy	Originality	Vision
Empower	Passion	Vitality
Encouragement	Patience	Wealth
Endurance	Perfection	Welcoming
Energy	Patriotism	Wellness
Enjoyment	Peace	Willingness
		Winning
		Wisdom
		Wonder