Value Assessment:

1. Mark those values that resonate with you using the list of your choice (see List Approach below). Add additional values if needed.
2. Narrow the list to about ten. Does this lead you to think of another value? If so, add it.
3. Narrow down to five values that are core to you (apply universally – most, if not all, situations).

List Approach:

1. Mark up the short list on the next page.

or

1. Mark up the short list on the next page. If help is needed narrowing the list down, look through the long list to see if there is a word that better captures your value(s) or combines multiple values into one word.

or

1. Begin with the long list that starts on page 3. It will take longer but there are more words to consider.

A similar approach can be used to create a list of values specific to a situation such as organizational values or to strengthen leadership skills. It can be done individually or as a group. For organizational values there are some additional terms to consider that often appear in company visions, mission and value statements.

List Background and Acknowledgements

The short list on page 2 was created by Arlene Brown. She added to the invite CHANGE coaching program list while using the constraint it still needed to fit on one PowerPoint slide.

The long list that starts on page 3 is longer than typically used for value exercises. It is a compilation from multiple lists and case studies as well as Arlene Brown’s additions. The single largest source of values for this list was Steve Pavlina (StevePavlina.com). Even this enclosed list, which significantly expanded the Pavlina list, still has some inherent biases!

Please email Arlene Brown if you have suggested changes to either list.

|  |
| --- |
|  **Short Value List** (see page 1 for instructions and acknowledgements) Rev. 4-22-2015 |
|  | Abundance |  | Commitment |  | Efficiency |  | Hope |  | Movement |  | Pro-active |  | Sincerity |
|  | Acceptance |  | Community |  | Empowerment |  | Humbleness |  | Mystery |  | Process |  | Solitude |
|  | Accomplishment |  | Compassion |  | Encouragement |  | Humor |  | Mysticism |  | Professionalism |  | Space |
|  | Accountability |  | Competition |  | Energy |  | Knowledge |  | Nature |  | Prosperity |  | Spirit |
|  | Accuracy |  | Completion |  | Enjoyment |  | Image |  | Nurture |  | Quest |  | Spirituality |
|  | Achievement |  | Conformity |  | Enlightenment |  | Imagination |  | Obedience |  | Question |  | Spontaneity |
|  | Action |  | Congruent |  | Entertainment |  | Improvement |  | Openness |  | Radiance |  | Stimulation |
|  | Adventure |  | Connection |  | Excellence |  | Independence |  | Optimism |  | Realization |  | Strength |
|  | Aesthetics |  | Contemplation |  | Exhilaration |  | Influence |  | Orderliness |  | Recognition |  | Superiority |
|  | Alignment |  | Contentment |  | Expansion |  | Information |  | Originality |  | Refinement |  | Synergy |
|  | Altruism |  | Contribution |  | Expert |  | Ingenuity |  | Passion |  | Reflection |  | Synthesis |
|  | Artistic |  | Control |  | Faith |  | Inquisitive |  | Partnership |  | Relationship |  | Tenderness |
|  | Assistance |  | Courage |  | Family |  | Inspiration |  | Patience |  | Religious |  | Thinking |
|  | Attainment |  | Creativity |  | Feeling |  | Integration |  | Peacefulness |  | Resilience |  | Thoughtfulness |
|  | Augment |  | Dedication |  | Flexibility |  | Integrity |  | Perception |  | Resourcefulness |  | Thrill |
|  | Authenticity |  | Delight |  | Focus |  | Intimacy |  | Perfection |  | Responsibility |  | Touch |
|  | Autonomy |  | Dependable |  | Forgiveness |  | Intuition |  | Performance |  | Reverence |  | Transformation |
|  | Awareness |  | Devotion |  | Freedom |  | Invention |  | Perseverance |  | Risk Taking |  | Trust |
|  | Awe |  | Direct |  | Fun |  | Judgment |  | Personal Growth |  | Romance |  | Truth |
|  | Balance |  | Discernment |  | Glamour |  | Justice |  | Persuasion |  | Sacrifice |  | Understanding |
|  | Beauty |  | Diligence |  | Grace |  | Laughter |  | Planning |  | Safety |  | Uniqueness |
|  | Bliss |  | Discipline |  | Gratitude |  | Leadership |  | Playfulness |  | Satisfaction |  | Unity |
|  | Bravery |  | Discovery |  | Guidance |  | Learning |  | Pleasure |  | Security |  | Vision |
|  | Calm |  | Divinity |  | Harmony |  | Love |  | Poise |  | Self Expression |  | Vitality |
|  | Candor |  | Drama |  | Health |  | Loyalty |  | Power |  | Sensation |  | Vulnerability |
|  | Choice |  | Dream |  | Holistic |  | Magic |  | Practical |  | Sensuality |  | Wealth |
|  | Clarity |  | Educate |  | Honesty |  | Magnificence |  | Preparation |  | Serenity |  | Wholeness |
|  | Comfort |  | Elegance |  | Honor |  | Mastery |  | Privacy |  | Service |  | Will |

Long Values List

|  |
| --- |
| Rev 4-22-2015 |
|  Abundance |
|  Acceptance |
|  Accessibility |
|  Accomplishment |
|  Accountability |
|  Accuracy |
|  Achievement |
|  Acknowledgement |
|  Action |
|  Activeness |
|  Adaptability |
|  Adoration |
|  Adroitness |
|  Advancement |
|  Adventure |
|  Aesthetics |
|  Affection |
|  Affluence |
|  Aggressiveness |
|  Agility |
|  Alertness |
|  Alignment |
|  Altruism |
|  Amazement |
|  Ambition |
|  Amusement |
|  Anticipation |
|  Appreciation |
|  Approachability |
|  Approval |
|  Art |
|  Articulacy |
|  Artistic |
|  Artistry |
|  Assertiveness |
|  Assistance |
|  Assurance |
|  Attainment |
|  Attentiveness |
|  Attractiveness |
|  Audacity |
|  Augment |
|  Authenticity |
|  Autonomy |
|  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 |
|  Choice |
|  Cheerfulness |
|  Clarity |
|  Cleanliness |
|  Clear-mindedness |
|  Cleverness |
|  Closeness |
|  Collaboration |
|  Comfort |
|  Commitment |
|  Community |
|  Compassion |
|  Competence |
|  Competition |
|  Completion |
|  Composure |
|  Concentration |
|  Confidence |
|  Conformity |
|  Congruency |
|  Connection |
|  Consciousness |
|  Conservation |
|  Consistency |
|  Contemplation |
|  Contentment |
|  Continuity |
|  Contribution |
|  Control |
|  Conviction |
|  Conviviality |
|  Coolness |
|  Cooperation |
|  Cordiality |
|  Correctness |
|  Country |
|  Courage |
|  Courtesy |
|  Craftiness |
|  Creativity |
|  Credibility |
|  Cunning |
|  Curiosity |
|  Daring |
|  Data |
|  Decisiveness |
|  Decorum |
|  Dedication |
|  Deference |
|  Delight |
|  Dependability |
|  Depth |
|  Desire |
|  Determination |
|  Devotion |
|  Devoutness |
|  Dexterity |
|  Dignity |
|  Diligence |
|  Direction |
|  Directness |
|  Discernment |
|  Discipline |
|  Discovery |
|  Discretion |
|  Diversity |
|  Divinity |
|  Dominance |
|  Drama |
|  Dreaming |
|  Drive |
|  Duty |
|  Dynamism |
|  Eagerness |
|  Ease |
|  Economy |
|  Ecstasy |
|  Educate |
|  Education |
|  Effectiveness |
|  Efficiency |
|  Elation |
|  Elegance |
|  Empathy |
|  Empowerment |
|  Encouragement |
|  Endurance |
|  Energy |
|  Enjoyment |
|  Enlightenment |
|  Entertainment |
|  Enthusiasm |
|  Environmentalism |
|  Ethics |
|  Euphoria |
|  Excellence |
|  Excitement |
|  Exhilaration |
|  Expansion |
|  Expectancy |
|  Expediency |
|  Experience |
|  Expertise |
|  Exploration |
|  Expressiveness |
|  Extravagance |
|  Extroversion |
|  Exuberance |
|  Fairness |
|  Faith |
|  Fame |
|  Family |
|  Fascination |
|  Fashion |
|  Fearlessness |
|  Feeling |
|  Ferocity |
|  Fidelity |
|  Fierceness |
|  Financial independence |
|  Firmness |
|  Fitness |
|  Flexibility |
|  Flow |
|  Fluency |
|  Focus |
|  Forgiveness |
|  Fortitude |
|  Frankness |
|  Freedom |
|  Friendliness |
|  Friendship |
|  Frugality |
|  Fun |
|  Gallantry |
|  Generosity |
|  Gentility |
|  Giving |
|  Glamour |
|  Grace |
|  Gratitude |
|  Gregariousness |
|  Growth |
|  Guidance |
|  Happiness |
|  Harmony |
|  Health |
|  Heart |
|  Helpfulness |
|  Heroism |
|  Holiness |
|  Holistic |
|  Honesty |
|  Honor |
|  Hopefulness |
|  Hospitality |
|  Humility |
|  Humor |
|  Hygiene |
|  Image |
|  Imagination |
|  Impact |
|  Impartiality |
|  Improvement |
|  Inclusion |
|  Independence |
|  Individuality |
|  Industry |
|  Information |
|  Influence |
|  Ingenuity |
|  Inquisitiveness |
|  Integration  |
|  Insightfulness |
|  Inspiration |
|  Integrity |
|  Intellect |
|  Intelligence |
|  Intensity |
|  Intimacy |
|  Intrepidness |
|  Introspection |
|  Introversion |
|  Intuition |
|  Intuitiveness |
|  Inventiveness |
|  Investing |
|  Involvement |
|  Joy |
|  Judgment |
|  Judiciousness |
|  Justice |
|  Keenness |
|  Kindness |
|  Knowledge |
|  Leadership |
|  Learning |
|  Liberation |
|  Liberty |
|  Lightness |
|  Liveliness |
|  Logic |
|  Longevity |
|  Love |
|  Loyalty |
|  Majesty |
|  Magic |
|  Making a difference |
|  Marriage |
|  Mastery |
|  Maturity |
|  Meaning |
|  Meekness |
|  Mellowness |
|  Meticulousness |
|  Mindfulness |
|  Modesty |
|  Motivation |
|  Mysteriousness |
|  Nature |
|  Neatness |
|  Nerve |
|  Non-conformity |
|  Obedience |
|  Objectivity |
|  Open-mindedness |
|  Openness |
|  Optimism |
|  Order |
|  Organization |
|  Originality |
|  Outdoors |
|  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 |
|  Quest |
|  Question |
|  Radiance |
|  Rationality |
|  Realism |
|  Realization |
|  Reason |
|  Reasonableness |
|  Recognition |
|  Recreation |
|  Refinement |
|  Reflection |
|  Relationship |
|  Relaxation |
|  Reliability |
|  Relief |
|  Religiousness |
|  Reputation |
|  Resilience |
|  Resolution |
|  Resolve |
|  Resourcefulness |
|  Respect |
|  Responsibility |
|  Rest |
|  Restraint |
|  Reverence |
|  Richness |
|  Rigor |
|  Risk avoidance |
|  Risk tasking |
|  Romance |
|  Sacredness |
|  Sacrifice |
|  Safety |
|  Sagacity |
|  Saintliness |
|  Sanguinity |
|  Satisfaction |
|  Science |
|  Security |
|  Self-control |
|  Self-esteem |
|  Self-expression |
|  Selflessness |
|  Self-reliance |
|  Self-respect |
|  Sensitivity |
|  Sensuality |
|  Serenity |
|  Service |
|  Sexiness |
|  Sexuality |
|  Sharing |
|  Shrewdness |
|  Significance |
|  Silence |
|  Silliness |
|  Simplicity |
|  Sincerity |
|  Skillfulness |
|  Solidarity |
|  Solitude |
|  Sophistication |
|  Soundness |
|  Space |
|  Speed |
|  Spirit |
|  Spirituality |
|  Spontaneity |
|  Spunk |
|  Stability |
|  Status |
|  Stealth |
|  Stewardship |
|  Stillness |
| Stimulation |
|  Strength |
|  Structure |
|  Success |
|  Support |
|  Superiority |
|  Supremacy |
|  Surprise |
|  Sympathy |
|  Synergy |
|  Synthesis |
|  Teaching |
|  Teamwork |
|  Technical Excellence |
|  Tenderness |
|  Temperance |
|  Thankfulness |
|  Thinking |
|  Thoroughness |
|  Thoughtfulness |
|  Thrift |
|  Thrill |
|  Tidiness |
|  Timeliness |
|  Touch |
|  Traditionalism |
|  Tranquility |
|  Transcendence |
|  Transformation |
|  Trust |
|  Trustworthiness |
|  Truth |
|  Understanding |
|  Unflappability |
|  Uniqueness |
|  Unity |
|  Usefulness |
|  Utility |
|  Valor |
|  Variety |
|  Victory |
|  Vigor |
|  Virtue |
|  Vision |
|  Vitality |
|  Vivacity |
|  Volunteering |
|  Vulnerability |
|  Warm-heartedness |
|  Warmth |
|  Watchfulness |
|  Wealth |
|  Willfulness |
|  Willingness |
|  Winning |
|  Wisdom |
|  Wittiness |
|  Wholeness |
|  Wonder |
|  Worthiness |
|  Youthfulness |
|  Zeal |