

Values Checklist



Rank your values online

62 personal values, each with a short meaning. Tick every value that feels like you, circle the ten you would miss most, and star your top three.

● STABILITY

- ☐ **Certainty**
Knowing what comes next
- ☐ **Commitment**
Sticking with decisions and people
- ☐ **Control**
Having things under control
- ☐ **Discipline**
Doing what needs doing, consistently
- ☐ **Financial stability**
Enough money not to worry about it
- ☐ **Health**
A body and mind that work well
- ☐ **Inner harmony**
Calm and balance within yourself
- ☐ **Job security**
A job you can count on
- ☐ **Peace**
Calm around you, without conflict
- ☐ **Privacy**
A personal life others don't intrude on
- ☐ **Security**
Feeling safe and protected
- ☐ **Tradition**
Keeping customs passed down to you
- ☐ **Religion**
Living by your faith

● CONNECTION

- ☐ **Acceptance**
Being taken as you are
- ☐ **Appreciation**
Being valued for what you do
- ☐ **Compassion**
Caring about other people's pain
- ☐ **Equality**
The same rights and chances for everyone
- ☐ **Family**
Closeness to the people you call family
- ☐ **Forgiveness**
Letting go of resentment
- ☐ **Friendship**
Close bonds with people you choose
- ☐ **Helpfulness**
Helping people who need it

● CONNECTION continued

- ☐ **Love**
Loving and being loved
- ☐ **Loyalty**
Standing by your people
- ☐ **Teamwork**
Reaching goals together
- ☐ **Tolerance**
Accepting people who differ from you
- ☐ **Trust**
Relying on the people around you
- ☐ **Honesty**
Telling the truth and acting honestly
- ☐ **Spirituality**
Connection to something greater

● AUTONOMY

- ☐ **Adventure**
Trying new and daring things
- ☐ **Authenticity**
Being true to yourself
- ☐ **Beauty**
Noticing and creating what is beautiful
- ☐ **Creativity**
Creating new ideas and things
- ☐ **Excitement**
Strong emotions and an intense life
- ☐ **Freedom**
Choosing how you live
- ☐ **Independence**
Relying on yourself
- ☐ **Passion**
Doing things with energy and real interest
- ☐ **Pleasure**
Enjoying what feels good
- ☐ **Uniqueness**
Standing out from the crowd
- ☐ **Variety**
Change and new experiences

● DEVELOPMENT

- ☐ **Challenge**
Taking on what is hard
- ☐ **Competence**
Being good at what you do

● DEVELOPMENT continued

- ☐ **Curiosity**
Wanting to understand how things work
- ☐ **Determination**
Keeping going when it gets hard
- ☐ **Excellence**
High standards in what you do
- ☐ **Growth**
Becoming better over time
- ☐ **Intelligence**
Thinking clearly and understanding deeply
- ☐ **Meaningful work**
Work that feels worth doing
- ☐ **Wisdom**
Sound judgment from experience

● IMPACT

- ☐ **Accountability**
Owning your actions and their results
- ☐ **Ambition**
Aiming high
- ☐ **Authority**
Having the power to decide and direct
- ☐ **Contribution**
Making a difference for others
- ☐ **Courage**
Acting despite fear
- ☐ **Ethics**
Acting on your moral principles
- ☐ **Fame**
Being known by many people
- ☐ **Influence**
Shaping what others think and do
- ☐ **Justice**
Fairness for everyone
- ☐ **Popularity**
Being liked by many
- ☐ **Reputation**
Being well thought of
- ☐ **Respect**
Being treated with dignity
- ☐ **Success**
Reaching the goals you set
- ☐ **Wealth**
Growing your money beyond just enough

My top three 1 2 3