

List of Values

Read this list and put a + next to the words that feel like they are your values, i.e. the words that describe what is most important to you.

Achievement/getting things right	Imagination/dreaming something new
Advancement/getting ahead	Improving or perfecting something
Autonomy/making my own decisions	Independence/handling things myself
Belonging/ fitting into a group	Integrity/honesty/truthfulness
Challenge/taking on hard things	Leadership/having a vision
Compassion/caring for others	Learning/gaining wisdom
Competition/winning	Making or building something
Creating change/social justice	Nature/caring for the environment
Creativity/self-expression	Personal time/rest/downtime
Decision-making/being in charge	Physical fitness/being athletic
Doing things you love	Preserving traditions/keeping things the same
Equality/equity/things being fair	Receiving praise/impressing people
Excitement/risk taking	Respect from others
Exclusivity/setting myself apart	Safety/security
Fame/wanting everyone to know who I am	Spirituality or religion
Family time and closeness	Teamwork/group success
Financial/having lots of money	Trying hard/tenacity/effort
Friendships/being there for people	Other_____
Fun/happiness/play	Other_____
Harmony/getting along/inclusivity	Other_____
Health/taking good care of myself	
Source: Adapted from Values Assessment Worksheet, Community College of Vermont (2013). https://ccv.edu/documents/2013/11/values-assessment-worksheet.pdf/	