

## List of Values

Below is a list of values. This is an extensive list that includes a wide range of values. You may want to shorten it to use in group activities. But hey, we figured we'd give you a thorough list so that you can explore a larger variety of values and find the right ones for your goals.

- Acceptance
- Accomplishment
- Accountability
- Accuracy
- Achievement
- Adaptability
- Adventurousness
- Agreeableness
- Alertness
- Altruism
- Ambition
- Amiability
- Amusement
- Amusingness
- Appreciativeness
- Art
- Articulateness
- Assertiveness
- Athleticism
- Attentiveness
- Authenticity
- Awe
- Balance
- Beauty
- Being admirable
- Being dynamic
- Being earnest
- Being famous
- Being folksy
- Being frank
- Being methodical
- Being personable
- Being reasonable
- Being skilled
- Being thoughtful
- Being understanding
- Benevolence
- Big-thinking
- Bliss
- Boldness
- Goodness
- Grace
- Graciousness
- Gratitude
- Greatness
- Growth
- Happiness
- Hard work
- Harmony
- Health
- Helpfulness
- Heroicness
- Honesty
- Honor
- Hope
- Humbleness
- Humility
- Humor
- Idealism
- Imagination
- Incisiveness
- Independence
- Individualism
- Individuality
- Influence
- Innovation
- Insightfulness
- Inspiration
- Integrity
- Intelligence
- Intensity
- Intuitiveness
- Inventiveness
- Joy
- Justice
- Kindness
- Knowledge
- Lawfulness
- Leadership
- Learning

- Bravery
- Brilliance
- Calmness
- Candour
- Capability
- Carefulness
- Caring
- Cautiousness
- Certainty
- Challenge
- Charisma
- Charity
- Charm
- Cheerfulness
- Citizenship
- Clarity
- Cleanliness
- Clear-headedness
- Cleverness
- Comfort
- Commitment
- Common sense
- Communication
- Community
- Compassion
- Competence
- Complexity
- Confidence
- Connection
- Conscientiousness
- Conservativeness
- Consideration
- Consistency
- Constructiveness
- Contemplation
- Contentment
- Contribution
- Control
- Conviction
- Cooperation
- Courage
- Courteousness
- Craftiness
- Creativity
- Credibility
- Curiosity
- Daringness
- Liberty
- Life direction
- Life experience
- Likability
- Logic
- Love
- Loyalty
- Mastery
- Maturity
- Mellowness
- Moderation
- Modesty
- Motivation
- Neatness
- Neutrality
- Newness
- Niceness
- Objectivity
- Open-mindedness
- Openness
- Optimism
- Order
- Organization
- Originality
- Passion
- Patience
- Patriotism
- Peace
- Peacefulness
- Performance
- Perseverance
- Persistence
- Playfulness
- Pleasure
- Poise
- Positive attitude
- Positivity
- Potential
- Power
- Practicality
- Preciseness
- Principles
- Productivity
- Professionalism
- Prosperity
- Protection
- Punctuality

- Decency
- Decisiveness
- Dedication
- Deep thought
- Democracy
- Dependability
- Determination
- Devotion
- Dignity
- Diligence
- Discipline
- Discovery
- Diversity
- Drive
- Dualism
- Dutifulness
- Easygoingness
- Education
- Effectiveness
- Efficiency
- Elegance
- Eloquence
- Emotional awareness
- Emotional control
- Empathy
- Empowerment
- Endurance
- Energy
- Enjoyment
- Enthusiasm
- Equality
- Ethics
- Excellence
- Excitement
- Expedience
- Experimenting
- Exploration
- Expressiveness
- Extraordinary experiences
- Fairness
- Faith
- Faithfulness
- Family
- Farsightedness
- Fashion
- Feelings
- Fidelity
- Purpose
- Quality
- Rationality
- Realism
- Recognition
- Recreation
- Reflection
- Relaxation
- Reliability
- Resourcefulness
- Respect
- Respect for others
- Responsibility
- Restraint
- Results-oriented
- Rigor
- Risk
- Romance
- Satisfaction
- Security
- Self-awareness
- Self-improvement
- Self-reliance
- Self-respect
- Self-sufficiency
- Selflessness
- Sensitivity
- Serenity
- Service
- Simplicity
- Smarts
- Sociability
- Social connection
- Sophistication
- Speed
- Spirituality
- Spontaneity
- Stability
- Status
- Steadiness
- Strength
- Structure
- Studiousness
- Success
- Sweetness
- Sympathy
- Teamwork

- Flair
- Flexibility
- Focus
- Foresight
- Forgiving
- Forthrightness
- Fortitude
- Freedom
- Freethinking
- Friendliness
- Friendship
- Fun
- Fun-loving attitude
- Generosity
- Gentleness
- Genuineness
- Giving
- Glamorousness
- Good-nature
- Tenderness
- Thoroughness
- Tidiness
- Timeliness
- Tolerance
- Tradition
- Tranquillity
- Transformation
- Trust
- Truth
- Unity
- Variety
- Vivaciousness
- Warmth
- Wealth
- Well-roundedness
- Wisdom
- Wit