

List of Values

November 29, 2004

Values

1. Abundance
2. Acceptance
3. Accessibility
4. Accomplishment
5. Accountability
6. Accuracy
7. Achievement
8. Acknowledgement
9. Activeness
10. Adaptability
11. Adoration
12. Adroitness
13. Advancement
14. Adventure
15. Affection
16. Affluence
17. Aggressiveness
18. Agility
19. Alertness
20. Altruism
21. Amazement
22. Ambition
23. Amusement
24. Anticipation
25. Appreciation
26. Approachability
27. Approval
28. Art
29. Articulacy
30. Artistry
31. Assertiveness
32. Assurance
33. Attentiveness
34. Attractiveness
35. Audacity
36. Availability
37. Awareness
38. Awe
39. Balance
40. Beauty
41. Being the best
42. Belonging
43. Benevolence
44. Bliss
45. Boldness
46. Bravery
47. Brilliance
48. Buoyancy
49. Calmness
50. Camaraderie
51. Candor
52. Capability
53. Care
54. Carefulness
55. Celebrity
56. Certainty
57. Challenge
58. Change
59. Charity
60. Charm
61. Chastity
62. Cheerfulness
63. Clarity
64. Cleanliness
65. Clear-mindedness
66. Cleverness
67. Closeness
68. Comfort
69. Commitment
70. Community
71. Compassion
72. Competence
73. Competition
74. Completion
75. Composure
76. Concentration
77. Confidence
78. Conformity
79. Congruency
80. Connection
81. Consciousness
82. Conservation
83. Consistency
84. Contentment
85. Continuity
86. Contribution
87. Control
88. Conviction
89. Conviviality

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|--------------------|-----------------------|-----------------------------|
| 90. Coolness | 120. Discretion | 150. Expediency |
| 91. Cooperation | 121. Diversity | 151. Experience |
| 92. Cordiality | 122. Dominance | 152. Expertise |
| 93. Correctness | 123. Dreaming | 153. Exploration |
| 94. Country | 124. Drive | 154. Expressiveness |
| 95. Courage | 125. Duty | 155. Extravagance |
| 96. Courtesy | 126. Dynamism | 156. Extroversion |
| 97. Craftiness | 127. Eagerness | 157. Exuberance |
| 98. Creativity | 128. Ease | 158. Fairness |
| 99. Credibility | 129. Economy | 159. Faith |
| 100. Cunning | 130. Ecstasy | 160. Fame |
| 101. Curiosity | 131. Education | 161. Family |
| 102. Daring | 132. Effectiveness | 162. Fascination |
| 103. Decisiveness | 133. Efficiency | 163. Fashion |
| 104. Decorum | 134. Elation | 164. Fearlessness |
| 105. Deference | 135. Elegance | 165. Ferocity |
| 106. Delight | 136. Empathy | 166. Fidelity |
| 107. Dependability | 137. Encouragement | 167. Fierceness |
| 108. Depth | 138. Endurance | 168. Financial independence |
| 109. Desire | 139. Energy | 169. Firmness |
| 110. Determination | 140. Enjoyment | 170. Fitness |
| 111. Devotion | 141. Entertainment | 171. Flexibility |
| 112. Devoutness | 142. Enthusiasm | 172. Flow |
| 113. Dexterity | 143. Environmentalism | 173. Fluency |
| 114. Dignity | 144. Ethics | 174. Focus |
| 115. Diligence | 145. Euphoria | 175. Fortitude |
| 116. Direction | 146. Excellence | 176. Frankness |
| 117. Directness | 147. Excitement | 177. Freedom |
| 118. Discipline | 148. Exhilaration | 178. Friendliness |
| 119. Discovery | 149. Expectancy | |

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|------|----------------|------|-----------------|------|------------------------|
| 179. | Friendship | 209. | Individuality | 239. | Lightness |
| 180. | Frugality | 210. | Industry | 240. | Liveliness |
| 181. | Fun | 211. | Influence | 241. | Logic |
| 182. | Gallantry | 212. | Ingenuity | 242. | Longevity |
| 183. | Generosity | 213. | Inquisitiveness | 243. | Love |
| 184. | Gentility | 214. | Insightfulness | 244. | Loyalty |
| 185. | Giving | 215. | Inspiration | 245. | Majesty |
| 186. | Grace | 216. | Integrity | 246. | Making a
difference |
| 187. | Gratitude | 217. | Intellect | 247. | Marriage |
| 188. | Gregariousness | 218. | Intelligence | 248. | Mastery |
| 189. | Growth | 219. | Intensity | 249. | Maturity |
| 190. | Guidance | 220. | Intimacy | 250. | Meaning |
| 191. | Happiness | 221. | Intrepidness | 251. | Meekness |
| 192. | Harmony | 222. | Introspection | 252. | Mellowness |
| 193. | Health | 223. | Introversion | 253. | Meticulousness |
| 194. | Heart | 224. | Intuition | 254. | Mindfulness |
| 195. | Helpfulness | 225. | Intuitiveness | 255. | Modesty |
| 196. | Heroism | 226. | Inventiveness | 256. | Motivation |
| 197. | Holiness | 227. | Investing | 257. | Mysteriousness |
| 198. | Honesty | 228. | Involvement | 258. | Nature |
| 199. | Honor | 229. | Joy | 259. | Neatness |
| 200. | Hopefulness | 230. | Judiciousness | 260. | Nerve |
| 201. | Hospitality | 231. | Justice | 261. | Nonconformity |
| 202. | Humility | 232. | Keeness | 262. | Obedience |
| 203. | Humor | 233. | Kindness | 263. | Open-mindedness |
| 204. | Hygiene | 234. | Knowledge | 264. | Openness |
| 205. | Imagination | 235. | Leadership | 265. | Optimism |
| 206. | Impact | 236. | Learning | 266. | Order |
| 207. | Impartiality | 237. | Liberation | 267. | Organization |
| 208. | Independence | 238. | Liberty | | |

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|------|----------------|------|-----------------|------|----------------|
| 268. | Originality | 298. | Privacy | 328. | Rigor |
| 269. | Outdoors | 299. | Proactivity | 329. | Sacredness |
| 270. | Outlandishness | 300. | Professionalism | 330. | Sacrifice |
| 271. | Outrageousness | 301. | Prosperity | 331. | Sagacity |
| 272. | Partnership | 302. | Prudence | 332. | Saintliness |
| 273. | Patience | 303. | Punctuality | 333. | Sanguinity |
| 274. | Passion | 304. | Purity | 334. | Satisfaction |
| 275. | Peace | 305. | Rationality | 335. | Science |
| 276. | Perceptiveness | 306. | Realism | 336. | Security |
| 277. | Perfection | 307. | Reason | 337. | Self-control |
| 278. | Perkiness | 308. | Reasonableness | 338. | Selflessness |
| 279. | Perseverance | 309. | Recognition | 339. | Self-reliance |
| 280. | Persistence | 310. | Recreation | 340. | Self-respect |
| 281. | Persuasiveness | 311. | Refinement | 341. | Sensitivity |
| 282. | Philanthropy | 312. | Reflection | 342. | Sensuality |
| 283. | Piety | 313. | Relaxation | 343. | Serenity |
| 284. | Playfulness | 314. | Reliability | 344. | Service |
| 285. | Pleasantness | 315. | Relief | 345. | Sexiness |
| 286. | Pleasure | 316. | Religiousness | 346. | Sexuality |
| 287. | Poise | 317. | Reputation | 347. | Sharing |
| 288. | Polish | 318. | Resilience | 348. | Shrewdness |
| 289. | Popularity | 319. | Resolution | 349. | Significance |
| 290. | Potency | 320. | Resolve | 350. | Silence |
| 291. | Power | 321. | Resourcefulness | 351. | Silliness |
| 292. | Practicality | 322. | Respect | 352. | Simplicity |
| 293. | Pragmatism | 323. | Responsibility | 353. | Sincerity |
| 294. | Precision | 324. | Rest | 354. | Skillfulness |
| 295. | Preparedness | 325. | Restraint | 355. | Solidarity |
| 296. | Presence | 326. | Reverence | 356. | Solitude |
| 297. | Pride | 327. | Richness | 357. | Sophistication |

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- 358. Soundness
- 359. Speed
- 360. Spirit
- 361. Spirituality
- 362. Spontaneity
- 363. Spunk
- 364. Stability
- 365. Status
- 366. Stealth
- 367. Stillness
- 368. Strength
- 369. Structure
- 370. Success
- 371. Support
- 372. Supremacy
- 373. Surprise
- 374. Sympathy
- 375. Synergy
- 376. Teaching
- 377. Teamwork
- 378. Temperance
- 379. Thankfulness
- 380. Thoroughness
- 381. Thoughtfulness
- 382. Thrift
- 383. Tidiness
- 384. Timeliness
- 385. Traditionalism
- 386. Tranquility
- 387. Transcendence
- 388. Trust
- 389. Trustworthiness
- 390. Truth
- 391. Understanding
- 392. Unflappability
- 393. Uniqueness
- 394. Unity
- 395. Usefulness
- 396. Utility
- 397. Valor
- 398. Variety
- 399. Victory
- 400. Vigor
- 401. Virtue
- 402. Vision
- 403. Vitality
- 404. Vivacity
- 405. Volunteering
- 406. Warmheartedness
- 407. Warmth
- 408. Watchfulness
- 409. Wealth
- 410. Willfulness
- 411. Willingness
- 412. Winning
- 413. Wisdom
- 414. Wittiness
- 415. Wonder
- 416. Worthiness
- 417. Youthfulness

418. Zeal

Be sure to read [Living Your Values](#) for a walkthrough on how to use this list to discover your own values.