

VALUES & ATTRIBUTES LIST



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Values & Attributes List

Abundance	Amusement	Boldness	Cleverness
Acceptance	Analytical	Bravery	Closeness
Accepting	Anticipation	Brilliance	Comfort
Accessibility	Appreciation	Buoyancy	Commitment
Accomplishment	Approachability	Calmness	Community
Accountability	Approval	Camaraderie	Compassion
Accuracy	Art	Candour	Competence
Achievement	Articulacy	Capability	Competitive
Acknowledgement	Articulate	Care	Completion
Active	Artistry	Carefree	Composure
Activeness	Assertiveness	Carefulness	Concentration
Adaptability	Assurance	Caring	Confidence
Adoration	Attentiveness	Cautious	Conformity
Adroitness	Attractiveness	Celebrity	Congruency
Advancement	Audacity	Certainty	Connection
Adventurous	Availability	Challenge	Conscientious
Affection	Awareness	Change	Consciousness
Affluence	Awe	Charity	Conservation
Aggressiveness	Balance	Charm	Considerate
Agility	Beauty	Chastity	Consistency
Alertness	Being the best	Cheerfulness	Contentment
Altruism	Belonging	Clarity	Continuity
Amazement	Benevolence	Cleanliness	Contribution
Ambition	Bliss	Clear-mindedness	Control

Conviction	Determination	Effective	Expressive
Conviviality	Devotion	Effectiveness	Expressiveness
Coolness	Devoutness	Efficiency	Extravagance
Cooperation	Dexterity	Elation	Extroversion
Cordiality	Dignity	Elegance	Extroverted
Correctness	Diligence	Empathic	Exuberance
Country	Diplomatic	Empathy	Fair-Minded
Courage	Direction	Encouragement	Fairness
Courteous	Directness	Endurance	Faith
Courtesy	Discipline	Energetic	Faithful
Craftiness	Discovery	Energy	Fame
Creativity	Discretion	Enjoyment	Family
Credibility	Diversity	Entertainment	Fascination
Cunning	Dominance	Enthusiasm	Fashion
Curiosity	Down-To-Earth	Enthusiastic	Fearlessness
Daring	Dramatic	Environmentalism	Ferocity
Decisive	Dreaming	Ethical	Fidelity
Decisiveness	Drive	Ethics	Fierceness
Decorum	Duty	Euphoria	Financial-independence
Dedicated	Dynamic	Excellence	Firm Flexible
Deference	Dynamism	Excitement	Firmness
Delight	Eagerness	Exhilaration	Fitness
Demanding	Ease	Expectancy	Flexibility
Dependability	Easy-Going	Expediency	Flow
Depth	Economy	Experience	Fluency
Desire	Ecstasy	Expertise	Focus
Detailed	Education	Exploration	Focused

Fortitude	Hardworking	Industry	Justice
Frankness	Harmony	Influence	Keeness
Freedom	Health	Ingenuity	Kind
Friendliness	Heart	Innovative	Kindness
Friendly	Helpful	Inquisitiveness	Knowledge
Friendship	Helpfulness	Insightful	Knowledgeable
Frugal	Heroism	Insightfulness	Leadership
Frugality	Holiness	Inspiration	Learning
Fun	Honest	Integrity	Liberation
Funny	Honesty	Intellect	Liberty
Gallantry	Honor	Intelligence	Lightness
Generosity	Hopefulness	Intelligent	Listener
Generous	Hospitality	Intensity	Liveliness
Gentility	Humble	Intimacy	Logic
Gentle	Humility	Intrepidness	Logical
Genuine	Humour	Introspection	Longevity
Giving	Hygiene	Introversion	Love
Good	Idealistic	Intuition	Loving
Good-Natured	Imagination	Intuitive	Loving
Grace	Imaginative	Intuitiveness	Loyal
Gratitude	Impact	Inventive	Loyalty
Gregarious	Impartiality	Inventiveness	Majesty
Gregariousness	Impulsive	Investing	Making a difference
Growth	Independence	Involvement	Marriage
Guidance	Independent	Joy	Mastery
Happiness	Individuality	Judgmental	Maturity
Happy	Industrious	Judiciousness	Meaning

Meekness	Originality	Polish	Rationality
Mellowness	Outdoors	Polite	Realism
Methodical	Outgoing	Popularity	Realistic
Meticulous	Outlandishness	Positive	Reason
Meticulousness	Outrageousness	Potency	Reasonableness
Mindfulness	Partnership	Power	Recognition
Modest	Passion	Practical	Recreation
Modesty	Patience	Practicality	Refinement
Motivated	Patient	Pragmatism	Reflection
Motivation	Peace	Precision	Relaxation
Mysteriousness	Perceptive	Preparedness	Reliability
Naive	Perceptiveness	Presence	Reliable
Nature	Perfection	Pride	Relief
Neatness	Perkiness	Principled	Religiousness
Nerve	Perseverance	Privacy	Reputation
Non-conformity	Persistence	Proactivity	Resilience
Obedience	Persistent	Productive	Resilient
Objective	Personable	Professionalism	Resolution
Observant	Persuasive	Proficient	Resolve
Open-mindedness	Persuasiveness	Prosperity	Resourcefulness
Openness	Pessimist	Proud	Respect
Optimism	Philanthropy	Prudence	Responsibility
Optimistic	Piety	Prudent	Responsible
Order	Playfulness	Punctuality	Rest
Orderly	Pleasantness	Purity	Restraint
Organization	Pleasure	Quick-Thinking	Reverence
Organized	Poised	Quiet	Richness

Rigor	Shy	Support	Unselfish
Risk-Taker	Significance	Supportive	Usefulness
Sacredness	Silence	Supremacy	Utility
Sacrifice	Silliness	Surprise	Valour
Sagacity	Silly	Sympathy	Variety
Saintliness	Simplicity	Synergy	Versatile
Sanguinity	Sincerity	Teaching	Victory
Satisfaction	Skilfulness	Teamwork	Vigor
Science	Sociable	Temperance	Virtue
Security	Solidarity	Thankfulness	Vision
Self-Confident	Solitude	Thoroughness	Vitality
Self-Controlled	Sophistication	Thoughtfulness	Vivacity
Selfish	Soundness	Thrift	Volunteering
Selflessness	Speed	Tidiness	Warm-heartedness
Self-reliance	Spirit	Timeliness	Warmth
Self-Reliant	Spirituality	Timid	Watchfulness
Self-respect	Spontaneity	Tolerant	Wealth
Sensitive	Spunk	Traditionalism	Wilfulness
Sensitivity	Stability	Tranquillity	Willingness
Sensuality	Status	Transcendence	Winning
Serenity	Stealth	Trust	Wisdom
Serious	Stillness	Trustworthiness	Wittiness
Service	Strength	Truth	Wonder
Sexiness	Structure	Understanding	Worthiness
Sexuality	Stubborn	Unflappability	Youthfulness
Sharing	Studious	Uniqueness	Zeal
Shrewdness	Success	Unity	

Which 10 values & attributes are the best descriptors of who you are?

Which 5 values & attributes would people attribute to you?

Which 5 values & attributes will you commit to work to embody to achieve better results in your life?

How are the top 5 values being expressed in the following areas of your life?

- 1) Career
- 2) Health & Wellbeing

- 3) Finances/Wealth
- 4) Personal Development
- 5) Personal Environment
- 6) Fun & Recreation
- 7) Family & Friends
- 8) Romance

How are your top 5 values NOT being expressed in the following areas of your life?

- 1) Career
- 2) Health & Wellbeing
- 3) Finances/Wealth
- 4) Personal Development
- 5) Personal Environment
- 6) Fun & Recreation
- 7) Family & Friends
- 8) Romance

Knowing your values and keeping them close to mind will allow you quickly and assertively make decisions and achieve your goals in life. Write out and keep your top 10 core values close to you and be sure to re-evaluate your values every so often.