

Identifying Your Values

Accountability

Accuracy

Achievement

Adventure

Affection

Altruism

Ambition

Assertiveness

Balance

Being the best

Belonging

Boldness

Calmness

Carefulness

Challenge

Cheerfulness

Clear-mindedness

Commitment

Community

Compassion

Competitiveness

Consistency

Contentment

Continuous

Improvement

Connection

Contribution

Control

Cooperation

Correctness

Courtesy

Creativity

Curiosity

Decisiveness

Dependability

Determination

Devoutness

Diligence

Discipline

Discretion

Diversity

Dynamism

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Identifying Your Values

Effectiveness

Efficiency

Elegance

Empathy

Energy

Enjoyment

Enthusiasm

Equality

Excellence

Excitement

Expertise

Exploration

Expressiveness

Fairness

Faith

Fame

Family

Fidelity

Financial Security

Fitness

Fluency

Focus

Freedom

Fun

Generosity

Goodness

Grace

Growth

Happiness

Hard Work

Health

Helping Society

Holiness

Honesty

Honour

Humility

Independence

Ingenuity

Inner Harmony

Inquisitiveness

Insightfulness

Integrity

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Identifying Your Values

Intelligence

Intuition

Joy

Justice

Leadership

Legacy

Love

Loyalty

Making a difference

Mastery

Merit

Obedience

Openness

Order

Originality

Perfection

Personal-

Development

Positivity

Practicality

Preparedness

Professionalism

Prudence

Reliability

Responsibility

Resourcefulness

Restraint

Security

Self-actualisation

Self-control

Selflessness

Self-reliance

Sensitivity

Serenity

Service

Shrewdness

Simplicity

Soundness

Speed

Spontaneity

Stability

Strategic

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Identifying Your Values

Strength

Structure

Success

Support

Teamwork

Temperance

Thankfulness

Thoroughness

Thoughtfulness

Timeliness

Tolerance

Traditionalism

Trustworthiness

Truth-seeking

Understanding

Uniqueness

Unity

Usefulness

Vision

Vitality

Wisdom

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Disclaimer

Please note that Mitle Southey is a coach and mentor and is not a counselor or therapist. If you are experiencing mental health difficulties or feel depressed or anxious then you should see your doctor or health care practitioner.

Mitle Southey