



DETERMINE YOUR CORE VALUES

Your values should be the foundation for every decision and action in your life. Circle the ones that really resonate with you. Try to narrow down the list to your top three core values — the things that mean the most to you and that you want more of in your life. Select words that are important to you and that you believe you want more of in your life. Many times, these words will describe you as a person.

The Respect Experiment
by Sue Bonzell

Ability	Cheerfulness	Dexterity	Fashion
Abundance	Clarity	Dignity	Fearlessness
Acceptance	Classy	Diligence	Fidelity
Accomplishment	Cleanliness	Diplomacy	Fineness
Achievement	Cleverness	Direction	Finesse
Acknowledgement	Closeness	Directness	Firmness
Adaptability	Cognizance	Discernment	Fitness
Adequacy	Comfort	Discretion	Flexibility
Adroitness	Commitment	Discipline	Flow
Adventure	Compassion	Discovery	Fluency
Affection	Competence	Discretion	Fluidity
Affluence	Complacency	Diversity	Focus
Alertness	Completion	Dreaming	Fortitude
Aliveness	Composure	Drive	Frankness
Ambition	Concentration	Duty	Freedom
Amusement	Confidence	Dynamism	Friendliness
Anticipation	Conformity	Eagerness	Frugality
Appreciation	Congruency	Economy	Fun
Approachability	Connection	Ecstasy	Gallantry
Artfulness	Consciousness	Education	Generosity
Articulacy	Consistency	Effectiveness	Gentility
Assertiveness	Contentment	Efficiency	Genuineness
Assurance	Continuity	Elation	Giving
Attentiveness	Contribution	Elegance	Grace
Attractiveness	Control	Empathy	Gratefulness
Audacity	Conviction	Encouragement	Gratitude
Availability	Coolness	Endurance	Gregariousness
Awareness	Cooperation	Energy	Growth
Awe	Copiousness	Enjoyment	Guidance
Balance	Cordiality	Enlightenment	Happiness
Beauty	Correctness	Entertainment	Harmony
Being-ness	Courage	Enthusiasm	Health
Belongingness	Courtesy	Exactness	Heart
Benevolence	Craftiness	Excellence	Helpfulness
Blissfulness	Creativity	Excitement	Heroism
Boldness	Credibility	Exhilaration	Holiness
Bravery	Cunning	Expectancy	Honesty
Brilliance	Curiosity	Expediency	Honor
Briskness	Daring	Experience	Hopefulness
Buoyancy	Decisiveness	Expertise	Hospitality
Calmness	Decorum	Exploration	Humility
Camaraderie	Deepness	Expressiveness	Humor
Candor	Deference	Extravagance	Hygiene
Capability	Delicacy	Extroversion	Imagination
Care	Delight	Exuberance	Impact
Carefulness	Dependability	Evolution	Impartiality
Certainty	Depth	Facilitating	Impeccability
Challenge	Desire	Fairness	Independence
Charity	Determination	Faith	Industry
Charm	Devotion	Fame	Ingenuity
Chastity	Devoutness	Fascination	Inquisitiveness



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Insightfulness
Inspiration
Instinctiveness
Integrity
Intelligence
Intensity
Intimacy
Intrepidness
Introversion
Intuition
Intuitiveness
Inventiveness
Joy
Judiciousness
Justice
Keeness
Kindness
Lavishness
Leadership
Learning
Liberation
Liberty
Liveliness
Logic
Longevity
Love
Loyalty
Majesty
Mastery
Maturity
Meekness
Mellowness
Meticulousness
Mindfulness
Moderation
Modesty
Motivation
Mysteriousness
Neatness
Nerve
Obedience
Open-mindedness
Openness
Optimism
Opulence
Order
Organization
Originality
Outlandishness
Outrageousness
Passion

Peacefulness
Perceptiveness
Perfection
Perseverance
Persistence
Persuasiveness
Philanthropy
Piety
Playfulness
Pleasantness
Pleasure
Plentiful-ness
Poise
Polish
Popularity
Potency
Practicality
Pragmatism
Precision
Preeminence
Preparedness
Presence
Privacy
Proactivity
Proficiency
Professionalism
Prosperity
Prudence
Punctuality
Purity
Qualification
Quietness
Quickness
Realism
Readiness
Reason
Recognition
Recreation
Refinement
Reflection
Relaxation
Reliability
Resilience
Resolution
Resolve
Resourcefulness
Respect
Restfulness
Restraint
Reverence
Richness

Cheerfulness
Clarity
Classy
Cleanliness
Cleverness
Closeness
Cognizance
Comfort
Commitment
Compassion
Competence
Complacency
Completion
Composure
Concentration
Confidence
Conformity
Congruency
Connection
Consciousness
Consistency
Contentment
Continuity
Contribution
Control
Conviction
Coolness
Cooperation
Copiousness
Cordiality
Correctness
Courage
Courtesy
Craftiness
Creativity
Credibility
Cunning
Curiosity
Daring
Decisiveness
Decorum
Deepness
Deference
Delicacy
Delight
Dependability
Depth
Desire
Determination
Devotion
Devoutness

Temperance
Thankfulness
Thoroughness
Thoughtfulness
Thrift
Tidiness
Timeliness
Traditionalism
Tranquility
Transcendence
Trust
Trustworthiness
Truth
Understanding
Uniqueness
Unity
Usefulness
Utility
Valor
Variety
Victory
Vigor
Virtue
Vision
Vitality
Vivacity
Warmth
Watchfulness
Wealth
Wholesomeness
Willfulness
Willingness
Winning
Wisdom
Wittiness
Wonder
Worthiness
Zeal
Zest
Zing