

Core Values and How to Use Them

Why are core values useful?

The list of values contained here will help you to understand what's most important to you in life. They are called CORE values because they resonate with you at the core of your heart and mind. They are used multiple times a day; whether you are aware of it or not.

You may find some evoke negative emotions for you and that's perfectly normal. You will also find that some hold little or no meaning whatsoever. This too is normal. Values are right for you when they literally jump off the page at you. It's as though they are saying "Pick me, pick me".

What do I do with the list?

1. Go through them and circle any that appeal to you. Don't worry if there are a lot of them.
2. For any words with a similar meaning (for example angry, frustrated, annoyed) pick the one that fits you best.
3. Take out any that seem to be out of place.
4. Halve the list. Halve it again.
5. Keep halving until you get to your top 20-30. If you can, get it to your top 5-10. This is hard to do and will require some time and patience. Give yourself the time to complete this exercise.

What are the benefits of knowing your top 5-10 values?

1. It allows you to make decisions more easily. Those that align with your core values are right and anything else is likely to keep you up at night second guessing yourself.
2. It allows you to reflect on what is the most important thing to you right now in life and whether or not you are actively seeking it. Don't be surprised if the answer is a big fat NO, because it is for most of us. This is because the business of day-to-day living gets in the way of what makes us truly content and happy. Realigning yourself to your values allows you to re-establish the importance of balance versus busy.

When to use core values:

1. Use them to check in on whether what you are doing, creating, living is meeting your top 5 – 10 values. If they are not congruent, then it's almost impossible to be fulfilled in what you do and how you go about it.
2. Check in on your values on a regular basis. They do change as we adapt, learn and grow as people.

List of values:

This values list is merely a guide. It is lengthy and contains many synonyms but is certainly not exhaustive, so feel free to add unlisted values to your own list as well.

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|-----|-----------------|------|---------------------|
| 1. | Abundance | 211. | Influence |
| 2. | Acceptance | 212. | Ingenuity |
| 3. | Accessibility | 213. | Inquisitiveness |
| 4. | Accomplishment | 214. | Insightfulness |
| 5. | Accountability | 215. | Inspiration |
| 6. | Accuracy | 216. | Integrity |
| 7. | Achievement | 217. | Intellect |
| 8. | Acknowledgement | 218. | Intelligence |
| 9. | Activeness | 219. | Intensity |
| 10. | Adaptability | 220. | Intimacy |
| 11. | Adoration | 221. | Intrepidness |
| 12. | Adroitness | 222. | Introspection |
| 13. | Advancement | 223. | Introversion |
| 14. | Adventure | 224. | Intuition |
| 15. | Affection | 225. | Intuitiveness |
| 16. | Affluence | 226. | Inventiveness |
| 17. | Aggressiveness | 227. | Investing |
| 18. | Agility | 228. | Involvement |
| 19. | Alertness | 229. | Joy |
| 20. | Altruism | 230. | Judiciousness |
| 21. | Amazement | 231. | Justice |
| 22. | Ambition | 232. | Keeness |
| 23. | Amusement | 233. | Kindness |
| 24. | Anticipation | 234. | Knowledge |
| 25. | Appreciation | 235. | Leadership |
| 26. | Approachability | 236. | Learning |
| 27. | Approval | 237. | Liberation |
| 28. | Art | 238. | Liberty |
| 29. | Articulacy | 239. | Lightness |
| 30. | Artistry | 240. | Liveliness |
| 31. | Assertiveness | 241. | Logic |
| 32. | Assurance | 242. | Longevity |
| 33. | Attentiveness | 243. | Love |
| 34. | Attractiveness | 244. | Loyalty |
| 35. | Audacity | 245. | Majesty |
| 36. | Availability | 246. | Making a difference |
| 37. | Awareness | 247. | Marriage |
| 38. | Awe | 248. | Mastery |
| 39. | Balance | 249. | Maturity |
| 40. | Beauty | 250. | Meaning |
| 41. | Being the best | 251. | Meekness |
| 42. | Belonging | 252. | Mellowness |

43.	Benevolence	253.	Meticulousness
44.	Bliss	254.	Mindfulness
45.	Boldness	255.	Modesty
46.	Bravery	256.	Motivation
47.	Brilliance	257.	Mysteriousness
48.	Buoyancy	258.	Nature
49.	Calmness	259.	Neatness
50.	Camaraderie	260.	Nerve
51.	Candour	261.	Nonconformity
52.	Capability	262.	Obedience
53.	Care	263.	Open-mindedness
54.	Carefulness	264.	Openness
55.	Celebrity	265.	Optimism
56.	Certainty	266.	Order
57.	Challenge	267.	Organization
58.	Change	268.	Originality
59.	Charity	269.	Outdoors
60.	Charm	270.	Outlandishness
61.	Chastity	271.	Outrageousness
62.	Cheerfulness	272.	Partnership
63.	Clarity	273.	Patience
64.	Cleanliness	274.	Passion
65.	Clear-mindedness	275.	Peace
66.	Cleverness	276.	Perceptiveness
67.	Closeness	277.	Perfection
68.	Comfort	278.	Perkiness
69.	Commitment	279.	Perseverance
70.	Community	280.	Persistence
71.	Compassion	281.	Persuasiveness
72.	Competence	282.	Philanthropy
73.	Competition	283.	Piety
74.	Completion	284.	Playfulness
75.	Composure	285.	Pleasantness
76.	Concentration	286.	Pleasure
77.	Confidence	287.	Poise
78.	Conformity	288.	Polish
79.	Congruency	289.	Popularity
80.	Connection	290.	Potency
81.	Consciousness	291.	Power
82.	Conservation	292.	Practicality
83.	Consistency	293.	Pragmatism
84.	Contentment	294.	Precision
85.	Continuity	295.	Preparedness
86.	Contribution	296.	Presence
87.	Control	297.	Pride
88.	Conviction	298.	Privacy

89.	Conviviality	299.	Proactivity
90.	Coolness	300.	Professionalism
91.	Cooperation	301.	Prosperity
92.	Cordiality	302.	Prudence
93.	Correctness	303.	Punctuality
94.	Country	304.	Purity
95.	Courage	305.	Rationality
96.	Courtesy	306.	Realism
97.	Craftiness	307.	Reason
98.	Creativity	308.	Reasonableness
99.	Credibility	309.	Recognition
100.	Cunning	310.	Recreation
101.	Curiosity	311.	Refinement
102.	Daring	312.	Reflection
103.	Decisiveness	313.	Relaxation
104.	Decorum	314.	Reliability
105.	Deference	315.	Relief
106.	Delight	316.	Religiousness
107.	Dependability	317.	Reputation
108.	Depth	318.	Resilience
109.	Desire	319.	Resolution
110.	Determination	320.	Resolve
111.	Devotion	321.	Resourcefulness
112.	Devoutness	322.	Respect
113.	Dexterity	323.	Responsibility
114.	Dignity	324.	Rest
115.	Diligence	325.	Restraint
116.	Direction	326.	Reverence
117.	Directness	327.	Richness
118.	Discipline	328.	Rigor
119.	Discovery	329.	Sacredness
120.	Discretion	330.	Sacrifice
121.	Diversity	331.	Sagacity
122.	Dominance	332.	Saintliness
123.	Dreaming	333.	Sanguinity
124.	Drive	334.	Satisfaction
125.	Duty	335.	Science
126.	Dynamism	336.	Security
127.	Eagerness	337.	Self-control
128.	Ease	338.	Selflessness
129.	Economy	339.	Self-reliance
130.	Ecstasy	340.	Self-respect
131.	Education	341.	Sensitivity
132.	Effectiveness	342.	Sensuality
133.	Efficiency	343.	Serenity
134.	Elation	344.	Service

135.	Elegance	345.	Sexiness
136.	Empathy	346.	Sexuality
137.	Encouragement	347.	Sharing
138.	Endurance	348.	Shrewdness
139.	Energy	349.	Significance
140.	Enjoyment	350.	Silence
141.	Entertainment	351.	Silliness
142.	Enthusiasm	352.	Simplicity
143.	Environmentalism	353.	Sincerity
144.	Ethics	354.	Skilfulness
145.	Euphoria	355.	Solidarity
146.	Excellence	356.	Solitude
147.	Excitement	357.	Sophistication
148.	Exhilaration	358.	Soundness
149.	Expectancy	359.	Speed
150.	Expediency	360.	Spirit
151.	Experience	361.	Spirituality
152.	Expertise	362.	Spontaneity
153.	Exploration	363.	Spunk
154.	Expressiveness	364.	Stability
155.	Extravagance	365.	Status
156.	Extroversion	366.	Stealth
157.	Exuberance	367.	Stillness
158.	Fairness	368.	Strength
159.	Faith	369.	Structure
160.	Fame	370.	Success
161.	Family	371.	Support
162.	Fascination	372.	Supremacy
163.	Fashion	373.	Surprise
164.	Fearlessness	374.	Sympathy
165.	Ferocity	375.	Synergy
166.	Fidelity	376.	Teaching
167.	Fierceness	377.	Teamwork
168.	Financial Independence	378.	Temperance
169.	Firmness	379.	Thankfulness
170.	Fitness	380.	Thoroughness
171.	Flexibility	381.	Thoughtfulness
172.	Flow	382.	Thrift
173.	Fluency	383.	Tidiness
174.	Focus	384.	Timeliness
175.	Fortitude	385.	Traditionalism
176.	Frankness	386.	Tranquillity
177.	Freedom	387.	Transcendence
178.	Friendliness	388.	Trust
179.	Friendship	389.	Trustworthiness
180.	Frugality	390.	Truth

181.	Fun	391.	Understanding
182.	Gallantry	392.	Unflappability
183.	Generosity	393.	Uniqueness
184.	Gentility	394.	Unity
185.	Giving	395.	Usefulness
186.	Grace	396.	Utility
187.	Gratitude	397.	Valour
188.	Gregariousness	398.	Variety
189.	Growth	399.	Victory
190.	Guidance	400.	Vigour
191.	Happiness	401.	Virtue
192.	Harmony	402.	Vision
193.	Health	403.	Vitality
194.	Heart	404.	Vivacity
195.	Helpfulness	405.	Volunteering
196.	Heroism	406.	Warm-heartedness
197.	Holiness	407.	Warmth
198.	Honesty	408.	Watchfulness
199.	Honour	409.	Wealth
200.	Hopefulness	410.	Wilfulness
201.	Hospitality	411.	Willingness
202.	Humility	412.	Winning
203.	Humour	413.	Wisdom
204.	Hygiene	414.	Wittiness
205.	Imagination	415.	Wonder
206.	Impact	416.	Worthiness
207.	Impartiality	417.	Youthfulness
208.	Independence	418.	Zeal
209.	Individuality	417.	Youthfulness
210.	Industry	418.	Zeal

This list of values is from Steve Palina's [website](#).

There are literally thousands of values but I find this shorter list is the most useable.

For more resources head to www.toni-maree.com.au

Stay awesome,

