

Step 1: Select 7 words that drive, inspire or describe you.

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|-----------------|---------------|---------------|-----------------|
| Abundance | Closeness | Ease | Honesty |
| Acceptance | Comfort | Effectiveness | Honor |
| Accessibility | Commitment | Efficiency | Hopefulness |
| Accountable | Community | Elegance | Hospitality |
| Accuracy | Compassion | Empathy | Humility |
| Achievement | Competence | Endurance | Humor |
| Active | Completion | Energy | Imagination |
| Adaptive | Composure | Enjoyment | Impact |
| Adventure | Confident | Entertainment | Independence |
| Affection | Connection | Enthusiasm | Individuality |
| Agile | Consciousness | Ethics | Influence |
| Alert | Conservation | Excellence | Ingenuity |
| Altruistic | Consistency | Excitement | Inquisitiveness |
| Amazement | Continuity | Exhilaration | Insightful |
| Ambition | Contribution | Expediency | Inspiration |
| Amusement | Control | Experience | Integrity |
| Anticipation | Cooperation | Expert | Intelligence |
| Appreciation | Correctness | Exploration | Intensity |
| Approachability | Courage | Fairness | Introspective |
| Assertive | Courtesy | Fame | Intuitive |
| Audacity | Creativity | Family | Inventive |
| Available | Credibility | Fascination | Joy |
| Awareness | Cunning | Fashion | Justice |
| Balance | Curiosity | Fearlessness | Kindness |
| Beauty | Daring | Fierce | Knowledge |
| Belonging | Decisiveness | Fitness | Leadership |
| Benevolence | Delight | Flexibility | Learning |
| Bliss | Dependability | Flow | Legacy |
| Bold | Depth | Focus | Logic |
| Brave | Desire | Freedom | Longevity |
| Brilliance | Determination | Friendliness | Love |
| Buoyancy | Dexterity | Fun | Loyalty |
| Calm | Dignity | Generosity | Majesty |
| Candor | Diligence | Giving | Making |
| Capable | Direction | Grace | Mastery |
| Caring | Directness | Gratitude | Maturity |
| Challenge | Discipline | Growth | Meaning |
| Change | Discovery | Guidance | Meekness |
| Charity | Discretion | Happiness | Mellowness |
| Charm | Diversity | Harmony | Meticulous |
| Cheerfulness | Dreaming | Health | Mindful |
| Clarity | Drive | Heart | Modest |
| Cleanliness | Duty | Helpfulness | Motivation |
| Cleverness | Eagerness | Heroism | Nature |

Non-conformity
Optimism
Order
Organization
Outrageous
Partnership
Passion
Patience
Peace
Perfect
Perseverance
Persistence
Persuasive
Philanthropic
Play
Polish
Popularity
Potency
Power
Practicality
Precision
Preparedness
Presence
Proud
Private
Proactive
Professional
Prosperity
Punctual
Purity
Rational
Real
Recognition
Recreation
Refinement
Reflection
Relaxation
Reliability
Relief
Reputation
Resilience
Resolution
Resolve
Resourceful

Respect
Responsible
Restraint
Reverence
Rich
Satisfaction
Science
Security
Self-control
Selflessness
Self-reliance
Self-respect
Sensitivity
Serenity
Service
Sharing
Shrewdness
Significance
Silence
Silliness
Simplicity
Sincerity
Skillfulness
Solitude
Sophistication
Speed
Spirituality
Spontaneity
Stability
Status
Strength
Structure
Success
Support
Supremacy
Sympathy
Synergy
Teamwork
Thankful
Thorough
Thoughtful
Timeliness
Traditionalism
Tranquility

Transcendence
Trust
Truth
Understanding
Uniqueness
Unity
Utility
Variety
Victory
Vigor
Virtue
Vision
Vitality
Vivacity
Warm-hearted
Warmth
Wealth
Willingness
Wisdom
Wit
Worthiness
Youth

Step 2: Write each value and 2-3 sentences about what that word means to you.

Value

Description
