

Core Values List: Over 200 Personal Values

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What's most important to you?

Your core values determine how you answer this question. Our core values highlight what we stand for. Core values guide our behaviors, decisions, and action. When you know what you value, you can live in accord with those values. This leads to greater fulfillment.

When you don't know your values, you violate them every day. This creates internal tension. And this tension triggers destructive habits and regressive behavior.

How to Determine Your Personal Values

In the [7 Steps to Discovering Your Core Values](#), I offer a step-by-step process to find your personal values. When people hear about core values, they often want to select them from a list of personal values. It seems easier to pick them from a menu.

But as I wrote in [this guide](#), "Values aren't selected; they're discovered. We don't choose our values. Our values reveal themselves to us."

If you start with a list of core values, your conscious mind will evaluate which values appear "better" than others. You will select personal values that "sound good" based on your desired self-image. Instead of picking from a list, in Step 2 of the [core values process](#), I offer exercises to discover your personal values.

A List of Over 200 Personal Values

However, it is useful to scan a core values list to prime yourself before the exercises. And it's beneficial to review a list of core values after you brainstorm your list to determine if you missed something important.

As a reference, here's a list of 230 personal values:

Acceptance	Exploration	Present
Accomplishment	Expressive	Productivity
Accountability	Fairness	Professionalism
Accuracy	Family	Prosperity
Achievement	Famous	Purpose
Adaptability	Fearless	Quality
Alertness	Feelings	Realistic
Altruism	Ferocious	Reason
Ambition	Fidelity	Recognition
Amusement	Focus	Recreation
Assertiveness	Foresight	Reflective
Attentive	Fortitude	Respect
Awareness	Freedom	Responsibility
Balance	Friendship	Restraint
Boldness	Fun	Results-oriented
Bravery	Generosity	Reverence
Brilliance	Genius	Rigor
Calm	Goodness	Risk
Candor	Grace	Satisfaction
Capable	Gratitude	Security
Careful	Greatness	Self-reliance
Certainty	Growth	Selfless
Challenge	Happiness	Sensitivity
Charity	Hard work	Serenity
Cleanliness	Harmony	Service
Clear	Health	Sharing
Clever	Honesty	Significance
Comfort	Honor	Silence
Commitment	Hope	Simplicity
Common sense	Humility	Sincerity
Communication	Imagination	Skill
Community	Improvement	Skillfulness
Compassion	Independence	Smart
Competence	Individuality	Solitude

Concentration	Innovation	Spirit
Confidence	Inquisitive	Spirituality
Connection	Insightful	Spontaneous
Consciousness	Inspiring	Stability
Consistency	Integrity	Status
Contentment	Intelligence	Stewardship
Contribution	Intensity	Strength
Control	Intuitive	Structure
Conviction	Irreverent	Success
Cooperation	Joy	Support
Courage	Justice	Surprise
Courtesy	Kindness	Sustainability
Creation	Knowledge	Talent
Creativity	Lawful	Teamwork
Credibility	Leadership	Temperance
Curiosity	Learning	Thankful
Decisive	Liberty	Thorough
Decisiveness	Logic	Thoughtful
Dedication	Love	Timeliness
Dependability	Loyalty	Tolerance
Determination	Mastery	Toughness
Development	Maturity	Traditional
Devotion	Meaning	Tranquility
Dignity	Moderation	Transparency
Discipline	Motivation	Trust
Discovery	Openness	Trustworthy
Drive	Optimism	Truth
Effectiveness	Order	Understanding
Efficiency	Organization	Uniqueness
Empathy	Originality	Unity
Empower	Passion	Valor
Endurance	Patience	Victory
Energy	Peace	Vigor
Enjoyment	Performance	Vision
Enthusiasm	Persistence	Vitality

Equality	Persistence	Wealth
Ethical	Playfulness	Welcoming
Excellence	Poise	Winning
Experience	Potential	Wisdom
Giving	Power	Wonder

Personal Core Values List by Category

When you go through the [core values process](#), it's helpful to ensure you didn't miss any key categories important to you. I've curated the above core values list into categories for your review. But please take these categories loosely. They will change based on the perspective you hold.

<p>Integrity</p> <p>Accountability</p> <p>Candor</p> <p>Commitment</p> <p>Dependability</p> <p>Dignity</p> <p>Honesty</p> <p>Honor</p> <p>Responsibility</p> <p>Sincerity</p> <p>Transparency</p> <p>Trust</p> <p>Trustworthy</p> <p>Truth</p> <p>Feelings</p> <p>Acceptance</p> <p>Comfort</p> <p>Compassion</p> <p>Contentment</p>	<p>Achievement</p> <p>Accomplishment</p> <p>Capable</p> <p>Challenge</p> <p>Challenge</p> <p>Competence</p> <p>Credibility</p> <p>Determination</p> <p>Development</p> <p>Drive</p> <p>Effectiveness</p> <p>Empower</p> <p>Endurance</p> <p>Excellence</p> <p>Famous</p> <p>Greatness</p> <p>Growth</p> <p>Hard work</p> <p>Improvement</p> <p>Influence</p>	<p>Intelligence</p> <p>Brilliance</p> <p>Clever</p> <p>Common sense</p> <p>Decisiveness</p> <p>Foresight</p> <p>Genius</p> <p>Insightful</p> <p>Knowledge</p> <p>Learning</p> <p>Logic</p> <p>Openness</p> <p>Realistic</p> <p>Reason</p> <p>Reflective</p> <p>Smart</p> <p>Thoughtful</p> <p>Understanding</p> <p>Vision</p> <p>Wisdom</p>
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Empathy	Intensity	
Grace	Leadership	Strength
Gratitude	Mastery	Ambition
Happiness	Motivation	Assertiveness
Hope	Performance	Boldness
Inspiring	Persistence	Confidence
Irreverent	Potential	Dedication
Joy	Power	Discipline
Kindness	Productivity	Ferocious
Love	Professionalism	Fortitude
Optimism	Prosperity	Persistence
Passion	Recognition	Power
Peace	Results-oriented	Restraint
Poise	Risk	Rigor
Respect	Significance	Self-reliance
Reverence	Skill	Temperance
Satisfaction	Skillfulness	Toughness
Serenity	Status	Vigor
Thankful	Success	Will
Tranquility	Talent	
Welcoming	Victory	Freedom
	Wealth	Independence
Spirituality	Winning	Individuality
Adaptability		Liberty
Altruism	Creativity	
Balance	Creation	Courage
Charity	Curiosity	Bravery
Communication	Discovery	Conviction
Community	Exploration	Fearless
Connection	Expressive	Valor
Consciousness	Imagination	
Contribution	Innovation	Order
Cooperation	Inquisitive	Accuracy
Courtesy	Intuitive	Careful
Devotion	Openness	Certainty

Equality	Originality	Cleanliness
Ethical	Uniqueness	Consistency
Fairness	Wonder	Control
Family		Decisive
Fidelity	Enjoyment	Economy
Friendship	Amusement	Justice
Generosity	Enthusiasm	Lawful
Giving	Experience	Moderation
Goodness	Fun	Organization
Harmony	Playfulness	Security
Humility	Recreation	Stability
Loyalty	Spontaneous	Structure
Maturity	Surprise	Thorough
Meaning		Timeliness
Selfless	Presence	
Sensitivity	Alertness	Health
Service	Attentive	Energy
Sharing	Awareness	Vitality
Spirit	Calm	
Stewardship	Clear	
Support	Concentration	
Sustainability	Focus	
Teamwork	Silence	
Tolerance	Simplicity	
Unity	Solitude	

If you haven't already, check out [7 Steps to Discovering Your Personal Values](#).

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