

CORE VALUES EXERCISE

acceptance	accountability	achievement	adventure	altruism
ambition	authenticity	balance	beauty	belief in others
belief in self	belonging	brilliance	calmness	challenge
charity	collaboration	commitment	communication	complexity
connection	cooperation	creativity	credibility	curiosity
decisiveness	dignity	diversity	efficiency	empathy
equality	equity	excellence	faith	family
flexibility	forgiveness	freedom	friendship	fun
generosity	grace	gratitude	growth	harmony
health	home	honesty	hope	humility
humor	inclusion	independence	individuality	initiative
innovation	integrity	interdependence	intuition	job security
joy	justice	kindness	knowledge	leadership
learning	legacy	leisure	love	loyalty
meaningful work	mindfulness	motivation	nature	nurturing
openness	optimism	passion	patience	perseverance
power	reflection	reliability	resilience	resourcefulness
respect	responsibility	risk taking	safety	security
self-awareness	self-discipline	self-expression	self-respect	serenity
service	simplicity	solitude	spirituality	sportsmanship
success	teamwork	time	tolerance	tradition
travel	trust	truth	understanding	uniqueness
unity	usefulness	vision	vulnerability	wealth
wellness	wisdom			

Add Your Own

Top Three

Values apply to both personal and academic life. This is only a partial list of values. Please add your own as needed.