

Values: What you believe is worthy or important

When you think of the times in your life where you've been the happiest, the proudest, or the most satisfied, which of the following values come to mind?

- Accountability
- Achievement
- Action
- Activism
- Adventure
- Affection
- Ambition
- Autonomy
- Challenge
- Close relationships
- Commitment
- Community
- Compassion
- Competence
- Competition
- Confidence
- Conformity
- Control
- Coolness under fire
- Cooperation
- Courage
- Creativity
- Credibility
- Decisiveness
- Desires
- Economic security
- Effectiveness
- Efficiency
- Enthusiasm
- Environmentalism
- Excellence
- Excitement
- Fairness
- Faith
- Fame
- Family
- Foresight
- Free time
- Freedom
- Friendships
- Growth
- Happiness
- Health
- Helping other people
- Helping society
- Honesty
- Hospitality
- Independence
- Influence
- Inner harmony
- Insight
- Inspiration
- Integrity
- Intellectual status
- Introspection
- Justice
- Knowledge
- Leadership
- Loyalty
- Meaningful work
- Mentorship
- Merit
- Money
- Nature
- Openness
- Order
- Patriotism
- Peace
- Persistence
- Personal development
- Physical challenge
- Pleasure
- Power and authority
- Privacy
- Public service
- Purity
- Quality
- Recognition
- Reputation
- Responsibility
- Romance
- Security
- Self-knowledge
- Self-reliance
- Self-respect
- Serenity
- Spirituality
- Stability
- Status
- Tenacity (staying power)
- Tranquility
- Truth
- Volunteering
- Wealth
- Willpower
- Wisdom