

VALUES & STRENGTHS

1. Go through this list of values and strengths and highlight any that speak to you. Once you've done that, list your highlighted values on the last page.
2. Once you have your master list of values and strengths, pick your top 5. Highlight those top 5 on the new list that you just made.
3. Now, number your top 3 values and strengths. Those top 3 will go into your mission statement for the year.

Ability	Abundance	Acceptance	Accomplishment
Achievement	Adaptability	Adequacy	Adventure
Affection	Affluence	Alertness	Aliveness
Ambition	Amusement	Anticipation	Appreciation
Approachability	Artfulness	Articulacy	Assertiveness
Assurance	Attentiveness	Attractiveness	Audacity
Availability	Awareness	Awe	
Balance	Beauty	Being-ness	Belonging
Benevolence	Blissfulness	Boldness	Bravery
Brilliance	Briskness	Buoyancy	
Calmness	Camaraderie	Candor	Capability
Care	Carefulness	Certainty	Challenge
Charity	Charm	Chastity	Cheerfulness
Clarity	Classy	Cleanliness	Cleverness
Closeness	Cognizance	Comfort	Commitment
Compassion	Competence	Complacency	Completion
Composure	Concentration	Confidence	Conformity
Congruency	Connection	Consciousness	Consistency
Contentment	Continuity	Contribution	Control
Conviction	Conviviality	Coolness	Cooperation
Copiousness	Cordiality	Correctness	Courage
Courtesy	Craftiness	Creativity	Credibility
Cunning	Curiosity		

Daring	Decisiveness	Decorum	Deepness
Deference	Delicacy	Delight	Dependability
Depth	Desire	Determination	Devotion
Devoutness	Dexterity	Dignity	Diligence
Diplomacy	Direction	Directness	Discernment
Discretion	Discipline	Discovery	Discretion
Diversity	Dreaming	Drive	Duty
Eagerness	Ecstasy	Education	Effectiveness
Efficiency	Elation	Elegance	Empathy
Encouragement	Endurance	Energy	Enjoyment
Enlightenment	Entertainment	Enthusiasm	Exactness
Excellence	Excitement	Exhilaration	Expectancy
Expediency	Experience	Expertise	Exploration
Expressiveness	Extravagance	Extroversion	Exuberance
Evolution			
Facilitating	Fairness	Faith	Fame
Fascination	Fashion	Fearlessness	Fidelity
Finesse	Firmness	Fitness	Flexibility
Flow	Fluency	Fluidity	Focus
Fortitude	Frankness	Freedom	Friendliness
Frugality	Fun		
Gallantry	Generosity	Gentility	Genuineness
Giving	Grace	Gratefulness	Gratitude
Gregariousness	Growth	Guidance	
Happiness	Harmony	Health	Heart
Helpfulness	Heroism	Holiness	Honesty
Honor	Hopefulness	Hospitality	Humility
Humor	Hygiene		

Imagination	Impact	Impartiality	Impeccability
Independence	Industry	Ingenuity	Inquisitiveness
Insightfulness	Inspiration	Instinct	Integrity
Intelligence	Intensity	Intimacy	Intrepidness
Introversion	Intuition	Inventiveness	
Joy	Judiciousness	Justice	
Keeness	Kindness	Knowledge	
Lavishness	Leadership	Learning	Liberation
Liberty	Liveliness	Logic	Longevity
Love	Loyalty		
Majesty	Mastery	Maturity	Meekness
Mellowness	Meticulousness	Mindfulness	Moderation
Modesty	Motivation	Mysteriousness	
Neatness	Nerve		
Obedience	Open-minded	Optimism	Opulence
Order	Organization	Originality	Outlandishness
Passion	Peacefulness	Perceptiveness	Perfection
Perseverance	Persistence	Persuasiveness	Philanthropy
Piety	Playfulness	Pleasantness	Pleasure
Plentiful-ness	Poise	Polish	Popularity
Potency	Practicality	Pragmatism	Precision
Preeminence	Preparedness	Presence	Privacy
Proactivity	Proficiency	Professionalism	Prosperity
Prudence	Punctuality	Purity	

Qualification	Quietness	Quickness	
Realism	Readiness	Reason	Recognition
Recreation	Refinement	Reflection	Relaxation
Reliability	Resilience	Resolution	Resolve
Resourcefulness	Respect	Restfulness	Restraint
Reverence	Richness	Rigor	
Sacredness	Sacrifice	Sagacity	Saintliness
Sanguinity	Satisfaction	Security	Self-control
Selflessness	Self-realization	Self-reliance	Sensitivity
Sensuality	Serenity	Service	Sexuality
Sharing	Shrewdness	Significance	Silence
Silliness	Simplicity	Sincerity	Skillfulness
Smartness	Sophistication	Solidarity	Solitude
Soundness	Speed	Spirit	Spirituality
Spontaneity	Stability	Stillness	Strength
Structure	Substantiality	Success	Sufficiency
Support	Supremacy	Surprise	Supremacy
Sympathy	Synergy		
Tactfulness	Teamwork	Temperance	Thankfulness
Thoroughness	Thoughtfulness	Thrift	Tidiness
Timeliness	Traditionalism	Tranquility	Transcendence
Trust	Trustworthiness	Truth	
Understanding	Uniqueness	Unity	Usefulness
Utility			
Valor	Variety	Victory	Vigor
Virtue	Vision	Vitality	Vivacity

