

Step 4: Determine your top values, based on your experiences of happiness, pride, and fulfillment

Why is each experience truly important and memorable? Use the following list of common personal values to help you get started – and aim for about 10 top values. (As you work through, you may find that some of these naturally combine. For instance, if you value philanthropy, community, and generosity, you might say that service to others is one of your top values.)

Accountability	Creativity	Fitness	Loyalty	Service
Accuracy	Curiosity	Fluency	Making a difference	Shrewdness
Achievement	Decisiveness	Focus	Mastery	Simplicity
Adventurousness	Democraticness	Freedom	Merit	Soundness
Altruism	Dependability	Fun Goodness	Obedience	Speed
Ambition	Determination	Grace	Openness	Spontaneity
Assertiveness	Devoutness	Generosity	Order	Stability
Balance	Diligence	Growth	Originality	Strategic
Being the best	Discipline	Happiness	Patriotism	Strength
Belonging	Discretion	Hard Work	Perfection	Structure
Boldness	Diversity	Health	Piety	Success
Calmness	Dynamism	Health	Positivity	Support
Carefulness	Economy	Helping Society	Practicality	Teamwork
Challenge	Effectiveness	Holiness	Preparedness	Temperance
Cheerfulness	Efficiency	Honesty	Professionalism	Thankfulness
Clear-mindedness	Elegance	Honor	Prudence	Thoroughness
Commitment	Empathy	Humility	Quality-orientation	Thoughtfulness
Community	Enjoyment	Independence	Reliability	Timeliness
Compassion	Enthusiasm	Ingenuity	Resourcefulness	Tolerance
Competitiveness	Equality	Inner Harmony	Restraint	Traditionalism
Consistency	Excellence	Inquisitiveness	Results-oriented	Trustworthiness
Contentment	Excitement	Insightfulness	Rigor	Truth-seeking
Continuous	Expertise	Intelligence	Security	Understanding
Improvement	Exploration	Intellectual Status	Self-actualization	Uniqueness
Contribution	Expressiveness	Intuition	Self-control	Unity
Control	Fairness	Joy	Selflessness	Usefulness
Cooperation	Faith	Justice	Self-reliance	Vision
Correctness	Family-orientedness	Leadership	Sensitivity	Vitality
Courtesy	Fidelity	Legacy	Serenity	
		Love		