



# Chapter 2 Living™

by Allergy Words Consulting, LLC



## Personal Core Value List

**Directions:** Select and circle 20 words from the list below that describe your core values. Then cut the list down to the 10 most important by crossing out 10 of the words you have chosen. Now, carefully consider and select only 5 from the list of ten and cross out the ones you don't need. These are what we will deem your core values. This will allow us opportunity to see what is important to you and how we can use them to boost other areas of your life.

Accessibility	Faith	Money	Self-reliance
Accomplishment	Fame	Non-violence	Seriousness
Accountability	Family	Nurturing	Service
Accuracy	Fate	Openness	Sexuality
Achievement	Fitness	Opportunity	Simplicity
Adventure	Flair	Optimism	Sincerity
Aspiration	Force	Patriotism	Skill
Attitude	Freedom	Peace	Solidarity
Authenticity	Free will	Perfection	Speed
Authority	Fun	Performance	Spirit-in-life
Autonomy	Generosity	Persistence	Stability
Beauty	Giving/charity	Personal growth	Standardization
Challenge	Global view	Philosophy	Status
Change	Goodness	Pioneer spirit	Strength
Chastity/Purity	Gratitude	Pleasure	Style
Cleanliness	Hard work	Popularity	Success
Collaboration	Harmony	Positive attitude	Support
Commitment	Heroism	Power	Systemization
Communication	Heritage	Practicality	Teamwork
Community	Honesty	Preservation	Tolerance
Competence	Honor	Prestige	Tradition
Competition	Hope	Pride	Tranquility
Concern	Humor	Privacy	Trust
Conformity	Inclusiveness	Prosperity/wealth	Truth
Courage	Influence	Punctuality	Utility
Conviction	Inner peace	Purity	Variety
Cooperation	Innovation	Quality	Well-being
Creativity	Improvement	Rationality	Wellness
Customer	Integrity	Recognition	Wisdom
Decisiveness	Intuition	Regularity	
Democracy	Involvement	Rehabilitation	
Determination	Joy	Reliability	
Discipline	Justice	Resourcefulness	
Discovery	Knowledge	Respect	
Diversity	Leadership	Responsibility	
Duty	Learning	Responsiveness	
Education	Leisure	Results-oriented	
Efficiency	Love-romance	Risk-taking	
Empowerment	Love-care	Rootedness	
Equality	Love-concern	Rule of law	
Excellence	Loyalty	Safety	
Experience	Meaning	Satisfying others	
Expression	Merit	Security	
Fairness	Mobility	Selfishness	

