

Core Values List
WR Miller et al. UNM 2011
www.guilford.com/add/miller2/values.pdf

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| | ACCEPTANCE | to be accepted as I am |
| | ACCURACY | to be correct in my opinions and my beliefs |
| | ACHIEVEMENT | to have important accomplishments |
| | ADVENTURE | to have new and exciting experiences |
| | ART | to appreciate or express myself in art |
| | ATTRACTIVENESS | to be physically attractive |
| | AUTHORITY | to be in charge of others |
| | AUTONOMY | to be self-determined and independent |
| | BEAUTY | to appreciate beauty around me |
| | BELONGING | to have a sense of belonging, being part of |
| | CARING | to take care of others |
| | CHALLENGE | to take on difficult tasks or problems |
| | COMFORT | to have a pleasant and comfortable life |
| | COMMITMENT | to make enduring, meaningful commitments |
| | COMPASSION | to feel and act on concern for others |
| | COMPLEXITY | to embrace the intricacies of life |
| | COMPROMISE | to be willing to give and take in reaching agreements |
| | CONTRIBUTION | to make a lasting contribution in the world |
| | COOPERATION | to work collaboratively with others |
| | COURAGE | to be brave and strong in the face of adversity |
| | COURTESY | to be considerate and polite with others |
| | CREATIVITY | to create new things or ideas |
| | CURIOSITY | to seek out, experience and learn new things |
| | DEPENDABILITY | to be reliable and trustworthy |
| | DILIGENCE | to be thorough and conscientious in whatever I do |
| | DUTY | to carry out my duties and obligations |
| | ECOLOGY | to live in harmony with the environment |
| | EXCITEMENT | to have a life full of thrills and stimulation |
| | FAITHFULNESS | to be loyal and true in relationships |
| | FAME | to be known and recognized |
| | FAMILY | to have a happy, loving family |
| | FITNESS | to be physically fit and strong |
| | FLEXIBILITY | to adjust to new circumstances easily |
| | FORGIVENESS | to be forgiving of others |
| | FREEDOM | to be free from undue restrictions and limitations |
| | FRIENDSHIP | to have close, supportive friends |
| | FUN | to play and have fun |
| | GENEROSITY | to give what I have to others |
| | GENUINENESS | to act in a manner that is true to who I am |
| | GOD'S WILL | to seek and obey the will of God |
| | GRATITUDE | to be thankful and appreciative |
| | GROWTH | to keep changing and growing |
| | HEALTH | to be physically well and healthy |
| | HONESTY | to be honest and truthful |
| | HOPE | to maintain a positive and optimistic outlook |
| | HUMILITY | to be modest and unassuming |
| | HUMOUR | to see the humorous side of myself and the world |
| | IMAGINATION | to have dreams and see possibilities |
| | INDEPENDENCE | to be free from depending on others |
| | INDUSTRY | to work hard and well at my life tasks |
| | INNER PEACE | to experience personal peace |
| | INTEGRITY | to live my daily life in a way that is consistent with my values |
| | INTELLIGENCE | to keep my mind sharp and active |

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| | INTIMACY | to share my innermost experiences with others |
| | JUSTICE | to promote fair and equal treatment of all |
| | KNOWLEDGE | to learn and contribute valuable knowledge |
| | LEADERSHIP | to inspire and guide others |
| | LEISURE | to take time to relax and enjoy |
| | LOVED | to be loved by those close to me |
| | LOVING | to give love to others |
| | MASTERY | to be competent in my everyday activities |
| | MINDFULNESS | to live conscious and mindful of the present moment |
| | MODERATION | to avoid excesses and avoid a middle ground |
| | MONOGAMY | to have one close, loving relationship |
| | MUSIC | to enjoy and express myself in music |
| | NON-CONFORMITY | to question and challenge authority and norms |
| | NOVELTY | to have a life full of change and variety |
| | NURTURANCE | to encourage and support others |
| | OPENNESS | to be open to new experiences, ideas and options |
| | ORDER | to have a life well-ordered and organized |
| | PASSION | to have deep feelings about ideas, activities, people |
| | PATRIOTISM | to love, serve, and protect my country |
| | PLEASURE | to feel good |
| | POPULARITY | to be well-liked by many people |
| | POWER | to have control over others |
| | PRACTICALITY | to focus on what is practical, prudent, and sensible |
| | PROTECT | to protect and keep safe those I love |
| | PROVIDE | to provide for and take care of my family |
| | PURPOSE | to have meaning and purpose in my life |
| | RATIONALITY | to be guided by reason, logic, evidence |
| | REALISM | to see and act realistically and practically |
| | RESPONSIBILITY | to make and carry out responsible decisions |
| | RISK | to take risks and chances |
| | ROMANCE | to have intense, exciting love in my life |
| | SAFETY | to be safe and secure |
| | SELF-ACCEPTANCE | to accept myself as I am |
| | SELF-CONTROL | to be disciplined in my own actions |
| | SELF-ESTEEM | to feel good about myself |
| | SELF-KNOWLEDGE | to have a deep and honest understanding of myself |
| | SERVICE | to be helpful and of service to others |
| | SEXUALITY | to have an active and satisfying sex life |
| | SIMPLICITY | to live life simply, with minimal needs |
| | SOLITUDE | to have time and space where I can be apart from others |
| | SPIRITUALITY | to grow and mature spiritually |
| | STABILITY | to have a life that stays fairly consistent |
| | TOLERANCE | to accept and respect those who differ from me |
| | TRADITION | to follow respected traditions of the past |
| | VIRTUE | to live a morally pure and excellent life |
| | WEALTH | to have plenty of money |
| | WORLD PEACE | to work to promote peace in the world |
| | What else? | Add your own description |

What are your top 10 values?