



PERSONAL VALUES

IMPORTANT TO ME

**VERY
IMPORTANT TO ME**

**NOT
IMPORTANT TO ME**

ACCEPTANCE

to be accepted
as I am

1

ACCURACY

to be accurate in my
opinions and beliefs

2

ACHIEVEMENT

to have important
accomplishments

3

ADVENTURE

to have new and exciting
experiences

4

ATTRACTIVENESS

to be physically
attractive

5

AUTHORITY

to be in charge of and
responsible for others

6

AUTONOMY

to be self-determined
and independent

7

BEAUTY

to appreciate beauty
around me

8

CARING

to take care
of others

9

CHALLENGE

to take on difficult tasks
and problems

10

CHANGE

to have a life full of
change and variety

11

COMFORT

to have a pleasant and
comfortable life

12

COMMITMENT

to make enduring, meaningful
commitments

13

COMPASSION

to feel and act on
concern for others

14

CONTRIBUTION

to make a lasting
contribution

15

COOPERATION

to work collaboratively
with others

16

COURTESY

to be considerate and polite toward others

17

CREATIVITY

to have new and original ideas

18

DEPENDABILITY

to be reliable and trustworthy

19

DUTY

to carry out my duties and obligations

20

ECOLOGY

to live in harmony with the environment

21

EXCITEMENT

to have a life full of thrills and stimulation

22

FAITHFULNESS

to be loyal and true in relationships

23

FAME

to be known and recognised

24

FAMILY

to have a happy, loving family

25

FITNESS

to be physically fit and strong

26

FLEXIBILITY

to adjust to new circumstances easily

27

FORGIVENESS

to be forgiving of others

28

FRIENDSHIP

to have close, supportive friends

29

FUN

to play and have fun

30

GENEROSITY

to give what I have to others

31

GENUINENESS

to act in a manner that is true to who I am

32

GOD'S WILL

to seek and obey the will of God

33

GROWTH

to keep changing and growing

34

HEALTH

to be physically well and healthy

35

HELPFULNESS

to be helpful to others

36

HONESTY

to be honest
and truthful

37

HOPE

to maintain a positive and
optimistic outlook

38

HUMILITY

to be modest and
unassuming

39

HUMOR

to see the humorous side of
myself and the world

40

INDEPENDENCE

to be free from
dependence on others

41

INDUSTRY

to work hard and well at
my life tasks

42

INNER PEACE

to experience
personal peace

43

INTIMACY

to share my innermost
experiences with others

44

JUSTICE

to promote fair and equal
treatment for all

45

KNOWLEDGE

to learn and contribute
valuable knowledge

46

LEISURE

to take time to relax
and enjoy

47

LOVED

to be loved by those
close to me

48

LOVING

to give love
to others

49

MASTERY

to be competent in my
everyday activities

50

MINDFULNESS

to live conscious and mindful
of the present moment

51

MODERATION

to avoid excesses and find
a middle ground

52

MONOGAMY

to have one close,
loving relationship

53

NON-CONFORMITY

to question and challenge
authority and norms

54

NURTURANCE

to take care of and
nurture others

55

OPENNESS

to be open to new experiences,
ideas, and options

56

ORDER

to have a life that is well-ordered and organised

57

PASSION

to have deep feelings about ideas, activities, or people

58

PLEASURE

to feel good

59

POPULARITY

to be well-liked by many people

60

POWER

to have control over others

61

PURPOSE

to have meaning and direction in my life

62

RATIONALITY

to be guided by reason and logic

63

REALISM

to see and act realistically and practically

64

RESPONSIBILITY

to make and carry out responsible decisions

65

RISK

to take risks and chances

66

ROMANCE

to have intense, exciting
love in my life

67

SAFETY

to be safe
and secure

68

SELF-ACCEPTANCE

to accept myself
as I am

69

SELF-CONTROL

to be disciplined in
my own actions

70

SELF-ESTEEM

to feel good
about myself

71

SELF-KNOWLEDGE

to have a deep and honest
understanding

72

SERVICE

to be of service
to others

73

SEXUALITY

to have an active and
satisfying sex life

74

SIMPLICITY

to live life simply, with
minimal needs

75

SOLITUDE

to have time and space where
I can be apart from others

76

SPIRITUALITY

to grow and mature
spiritually

77

STABILITY

to have a life that stays
fairly consistent

78

TOLERANCE

to accept and respect those
who differ from me

79

TRADITION

to follow respected patterns
of the past

80

VIRTUE

to live a morally pure
and excellent life

81

WEALTH

to have plenty of
money

82

WORLD PEACE

to work to promote peace
in the world

83

Other Value:

Other Value:

Other Value: