

The Ultimate List of Personal Values

[Scott Jeffrey](#)

What's most important to you?

Your values determine how you answer this question. Our core values highlight what we stand for. Values guide our behaviors, decisions, and action.

When you know what you value, you can live in accord with those values. This leads to fulfillment. When you don't know your values, you violate them daily. This creates internal tension. And this tension triggers destructive habits and regressive behavior.

How to Determine Your Personal Values

In the [7 Steps to Discovering Your Core Values](#), I offer a step-by-step process to find your values. When people hear about core values, they often want to select them from a list; it seems easier to pick them from a menu.

But as I wrote in [this guide](#), "Values aren't selected; they're discovered. We don't choose our values. Our values reveal themselves to us."

If you start with a list of core values, your conscious mind will evaluate which values appear "better" than others. You will select personal values that "sound good" based on your desired self-image. Instead of picking from a list, in Step 2 of the [core values process](#), I offer exercises to discover your values for yourself.

A List of Over 200 Personal Values

However, it is useful to scan a list of values to prime yourself *before* the exercises. And it's beneficial to review this list *after* you brainstorm your list to determine if you missed something important.

As a reference, here's a list of 228 personal values:

Acceptance	Exploration	Present
Accomplishment	Expressive	Productivity
Accountability	Fairness	Professionalism
Accuracy	Family	Prosperity
Achievement	Famous	Purpose
Adaptability	Fearless	Quality
Alertness	Feelings	Realistic
Altruism	Ferocious	Reason
Ambition	Fidelity	Recognition
Amusement	Focus	Recreation
Assertiveness	Foresight	Reflective
Attentive	Fortitude	Respect
Awareness	Freedom	Responsibility
Balance	Friendship	Restraint
Beauty	Fun	Results-oriented
Boldness	Generosity	Reverence
Bravery	Genius	Rigor
Brilliance	Giving	Risk
Calm	Goodness	Satisfaction
Candor	Grace	Security
Capable	Gratitude	Self-reliance
Careful	Greatness	Selfless
Certainty	Growth	Sensitivity
Challenge	Happiness	Serenity
Charity	Hard work	Service
Cleanliness	Harmony	Sharing
Clear	Health	Significance
Clever	Honesty	Silence
Comfort	Honor	Simplicity
Commitment	Hope	Sincerity
Common sense	Humility	Skill
Communication	Imagination	Skillfulness
Community	Improvement	Smart
Compassion	Independence	Solitude
Competence	Individuality	Spirit

Concentration	Innovation	Spirituality
Confidence	Inquisitive	Spontaneous
Connection	Insightful	Stability
Consciousness	Inspiring	Status
Consistency	Integrity	Stewardship
Contentment	Intelligence	Strength
Contribution	Intensity	Structure
Control	Intuitive	Success
Conviction	Irreverent	Support
Cooperation	Joy	Surprise
Courage	Justice	Sustainability
Courtesy	Kindness	Talent
Creation	Knowledge	Teamwork
Creativity	Lawful	Temperance
Credibility	Leadership	Thankful
Curiosity	Learning	Thorough
Decisive	Liberty	Thoughtful
Decisiveness	Logic	Timeliness
Dedication	Love	Tolerance
Dependability	Loyalty	Toughness
Determination	Mastery	Traditional
Development	Maturity	Tranquility
Devotion	Meaning	Transparency
Dignity	Moderation	Trust
Discipline	Motivation	Trustworthy
Discovery	Openness	Truth
Drive	Optimism	Understanding
Effectiveness	Order	Uniqueness
Efficiency	Organization	Unity
Empathy	Originality	Valor
Empower	Passion	Victory
Endurance	Patience	Vigor
Energy	Peace	Vision
Enjoyment	Performance	Vitality
Enthusiasm	Persistence	Wealth

Equality	Playfulness	Welcoming
Ethical	Poise	Winning
Excellence	Potential	Wisdom
Experience	Power	Wonder

Personal Core Values List by Category

When you go through the [core values process](#), it's helpful to ensure you didn't miss any key categories that are important to you. I curated the above list into categories below. But please take these categories loosely. They will change based on the perspective you hold.

Integrity Accountability Candor Commitment Dependability Dignity Honesty Honor Responsibility Sincerity Transparency Trust Trustworthy Truth Feelings Acceptance Comfort Compassion Contentment Empathy Grace	Achievement Accomplishment Capable Challenge Challenge Competence Credibility Determination Development Drive Effectiveness Empower Endurance Excellence Famous Greatness Growth Hard work Improvement Influence Intensity Leadership	Intelligence Brilliance Clever Common sense Decisiveness Foresight Genius Insightful Knowledge Learning Logic Openness Realistic Reason Reflective Smart Thoughtful Understanding Vision Wisdom
---	---	---

Gratitude	Achievement (cont)	Strength
Happiness	Mastery	Ambition
Hope	Motivation	Assertiveness
Inspiring	Performance	Boldness
Irreverent	Persistence	Confidence
Joy	Potential	Dedication
Kindness	Power	Discipline
Love	Productivity	Ferocious
Optimism	Professionalism	Fortitude
Passion	Prosperity	Persistence
Peace	Recognition	Power
Poise	Results-oriented	Restraint
Respect	Risk	Rigor
Reverence	Significance	Self-reliance
Satisfaction	Skill	Temperance
Serenity	Skillfulness	Toughness
Thankful	Status	Vigor
Tranquility	Success	Will
Welcoming	Talent	
Spirituality	Victory	Freedom
Adaptability	Wealth	Independence
Altruism	Winning	Individuality
Balance	Creativity	Liberty
Charity	Creation	
Communication	Curiosity	Courage
Community	Discovery	Bravery
Connection	Exploration	Conviction
Consciousness	Expressive	Fearless
Contribution	Imagination	Valor
Cooperation	Innovation	
Courtesy	Inquisitive	Order
Devotion	Intuitive	Accuracy
Equality	Openness	Careful
Ethical	Originality	Certainty
		Cleanliness

Spirituality (cont)	Creativity (cont)	Order (cont)
Fairness	Uniqueness	Consistency
Family	Wonder	Control
Fidelity		Decisive
Friendship	Enjoyment	Economy
Generosity	Amusement	Justice
Giving	Enthusiasm	Lawful
Goodness	Experience	Moderation
Harmony	Fun	Organization
Humility	Playfulness	Security
Loyalty	Recreation	Stability
Maturity	Spontaneous	Structure
Meaning	Surprise	Thorough
Selfless		Timeliness
Sensitivity	Presence	
Service	Alertness	Health
Sharing	Attentive	Energy
Spirit	Awareness	Vitality
Stewardship	Beauty	
Support	Calm	
Sustainability	Clear	
Teamwork	Concentration	
Tolerance	Focus	
Unity	Silence	
	Simplicity	
	Solitude	

If you haven't already, check out [7 Steps to Discovering Your Personal Values](#).

Read Next

[Self Mastery: A Definite Guide to Realizing Your Potential](#)

[How to Change Your Fixed Mindset](#)

[How to Use the Hero's Journey for Self-Development](#)