

Core Values Master List

Reflect with Purpose. Plan with Clarity.

How to Use This List

1. **Step 1:** Scan all categories and circle 10-15 values that instinctively resonate.
2. **Step 2:** Narrow down to **5-7 core values** that feel non-negotiable to you.
3. **Step 3:** Use your shortlist to audit goals, habits, and boundaries.

Core Values List

Personal Growth • Curiosity • Resilience • Self-Discipline • Authenticity • Growth Mindset •

Ambition • Patience • Humility • Confidence • Lifelong Learning • Adaptability • Self-Awareness •

Perseverance • Courage • Reflection • Determination • Optimism • Self-Reliance

Relationships & Connection • Empathy • Trust • Communication • Loyalty • Compassion •

Friendship • Family • Intimacy • Respect • Love • Kindness • Openness • Belonging •

Community • Inclusivity • Acceptance • Forgiveness • Understanding • Cooperation • Harmony

Career & Impact • Leadership • Innovation • Service • Excellence • Integrity • Teamwork •

Creativity • Problem-Solving • Mentorship • Sustainability • Generosity • Professionalism •

Ambition • Diligence • Initiative • Efficiency • Impact • Contribution • Vision • Resourcefulness

Lifestyle • Adventure • Simplicity • Mindfulness • Balance • Freedom • Joy • Gratitude •

Wellness • Security • Independence • Stability • Leisure • Peace • Spontaneity • Fulfillment •

Ease • Exploration • Comfort

Health & Wellbeing • Health • Vitality • Self-Care • Rest • Movement • Nutrition • Mental Peace

• Emotional Intelligence • Body Positivity • Prevention • Recovery • Energy • Relaxation •

Resilience • Harmony • Strength • Longevity • Wholeness

Financial & Material • Abundance • Security • Prosperity • Wealth • Frugality • Stewardship • Independence • Stability • Freedom • Generosity • Responsibility • Sustainability • Prudence • Investment • Comfort • Success • Simplicity

Integrity & Ethics • Integrity • Honesty • Trustworthiness • Accountability • Transparency • Justice • Fairness • Equality • Ethics • Authenticity • Honor • Responsibility • Humility • Courage • Morality • Dignity • Reliability • Consistency • Discipline

Career & Impact • Leadership • Innovation • Service • Excellence • Integrity • Teamwork • Creativity • Problem-Solving • Mentorship • Sustainability • Generosity • Professionalism • Ambition • Diligence • Initiative • Efficiency • Impact • Contribution • Vision • Resourcefulness

Health & Wellbeing • Health • Vitality • Self-Care • Rest • Movement • Nutrition • Mental Peace • Emotional Intelligence • Body Positivity • Prevention • Recovery • Balance • Energy • Relaxation • Mindfulness • Resilience • Harmony • Strength • Longevity • Wholeness

Integrity & Ethics • Honesty • Justice • Fairness • Equality • Sustainability • Courage • Compassion • Accountability • Respect • Trustworthiness • Transparency • Responsibility • Stewardship • Empowerment • Humility

Creativity & Expression • Artistry • Imagination • Playfulness • Innovation • Storytelling • Curiosity • Experimentation • Open-Mindedness • Boldness • Aesthetic Appreciation • Originality • Expressiveness • Inspiration • Ingenuity • Visionary • Uniqueness • Passion • Inventiveness • Wonder • Exploration

Balance & Harmony • Serenity • Flexibility • Moderation • Adaptability • Flow • Alignment • Purpose • Sustainability • Mindfulness • Harmony • Calmness • Equilibrium • Wholeness • Integration • Stability • Centeredness

Bonus: Values Audit Worksheet

Use this table to map how your daily life aligns with your top values:

Core Value	Aligned Action	Misaligned Habit
<i>e.g., Adventure</i>	Plan a weekend hike	Scrolling passively
<i>e.g., Service</i>	Volunteer monthly	Skipping community events

Usage Tips

- Pair this list with the [Week 1 journal prompts](#).
- Revisit your values quarterly—they evolve as you grow!