

Anne Bolender, Clarity Alchemist

Worksheet: Personal Core Values List

Abundant	Acceptance	Accessible	Accomplished	Accountable
Accurate	Achievement	Acknowledged	Active	Adaptable
Adoration	Adroit	Advanced	Adventurous	Affectionate
Affluent	Aggressive	Agile	Alert	Alive
Altruistic	Alluring	Amazing	Ambitious	Amorous
Amused	Anticipation	Appreciation	Approachable	Articulate
Assertive	Attentive	Attractive	Audacious	Authentic
Aware	Awesome			
Balance	Beauty	Being the best	Belonging	Benevolent
Blessed	Bliss	Bold	Boundless	Brave
Bright	Brilliant	Buoyant		
Calm	Camaraderie	Candor	Capable	Careful
Celebrity	Centered	Certain	Challenge	Charitable
Charming	Chastity	Cheerful	Cherishing	Clarity
Cleanliness	Clear minded	Clever	Close	Comfortable
Commitment	Compassion	Competitive	Competence	Completion
Composure	Concentration	Confident	Conformity	Congruency
Connected	Conscious	Considerate	Consistent	Content
Continuity	Contribution	Control	Conviction	Conviviality
Cool	Cooperative	Cordial	Correct	Courage
Cozy	Courtesy	Crafty	Creative	Credible
Cunning	Curious	Current		
Daring	Decisive	Decorum	Deference	Delighted
Dependable	Depth	Desire	Determined	Devout
Dexterity	Dignity	Diligence	Direct	Discipline
Discovery	Discretion	Diversity	Dominance	Dreaming
Drive	Duty	Dynamic		
Eager	Earnest	Easy	Ebullient	Economical
Ecstasy	Educated	Effective	Efficiency	Elated

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Elegant	Emboldened	Empathy	Empowered	Empowering
Enamored	Encouraged	Endurance	Energized	Enjoyment
Enlightened	Entertaining	Enthusiastic	Equanimity	Environment
Excellence	Excited	Exhilaration	Expectancy	Expediency
Experience	Expertise	Exploration	Expressive	Exquisite
Extravagance	Extroversion	Exuberance		
Fabulous	Fair	Faith	Fame	Family
Fantastic	Fascination	Fascinating	Fashion	Fearless
Feminine	Festive	Fidelity	Fierce	Firm
Fit	Flexible	Flow	Fluency	Focused
Forgiveness	Fortitude	Fortunate	Frank	Freedom
Fresh	Friendly	Frugality	Fulfilled	Fun
Gallantry	Generous	Gentle	Genuine	Giving
Glad	Glamorous	Grace	Gracious	Grateful
Gratitude	Gregarious	Grounded	Growth	Guidance
Happy	Harmony	Health	Heart	Helpful
Heroism	Holistic	Homey	Honesty	Honor
Hope	Hospitality	Humility	Humor	Hygiene
Imagination	Impact	Impartiality	Important	Independence
Industry	Influence	Ingenuity	Innovative	Inquisitive
Insightful	Inspired	Integrity	Intelligence	Interested
Intensity	Intent	Intimacy	Intrepid	Intrigued
Introversion	Intuition	intuitive	Inventive	Invigorated
Joy	Jubilant	Judicious	Justice	
Keen	Kind	Knowledge		
Leadership	Learning	Liberated	Liberation	Liberty
Light	Lit up	Limitless	Lively	Logic
Longevity	Love	Loving	Loyalty	Luminous

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Magical	Majesty	Make a difference	Masculine	Mastery
Maturity	Meek	Mellow	Meticulous	Mindful
Modesty	Momentum	Motivation	Mysterious	
Natural	Neat	Nerve	New	
Obedience	Oneness	Open minded	Open	Open hearted
Optimism	Opulent	Order	Organization	Originality
Outlandish	Outrageous	Overjoyed		
Passion	Peace	Perceptive	Perfection	Perkiness
Perseverance	Persuasive	Philanthropy	Piety	Play
Playful	Pleasant	Pleasure	Poise	Polish
Positive	Popular	Potent	Power	Practical
Pragmatism	Precision	Prepared	Presence	Privacy
Proactive	Professionalism	Prosperity	Powerful	Proud
Prudence	Purposeful	Punctuality	Purity	
Quality	Quiet			
Ready	Realism	Reasonable	Receptive	Recognition
Recreation	Refinement	Reflective	Regal	Relaxed
Reliable	Religious	Resilient	Resolve	Resourceful
Respect	Responsible	Rest	Restraint	Results
Reverence	Rich	Righteous	Rigor	Romantic
Sacred	Safe	Sagacity	Satisfaction	Satisfied
Secure	Seen	Self control	Selfless	Self reliance
Sensitivity	Sensuous	Sensuality	Serene	Serve
Service	Settled	Sexuality	Sharing	Shrewd
Significant	Silence	Silly	Simplicity	Sincerity
Skillful	Solid	Solitude	Solve	Soundness
Speed	Spirited	Spirituality	Spontaneous	Spunk
Stability	Status	Stealth	Stillness	Strategy
Strength	Strong	Structure	Success	Superiority
Supportive	Sure	Surprise	Sweet	Sympathetic



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Teamwork
Thorough
Timely
Treasuring

Temperance
Thoughtful
Touched
Trust

Tenacity
Thrift
Traditional
Truth

Tender
Thrilled
Tranquility

Thankful
Tidy
Transcendence

Understanding
Urgency

Unflappability
Useful

United
Utility

Unified

Unique

Valor
Vigor
Vulnerable

Value
Virtue

Variety
Vision

Vibrant
Vitality

Victory
Vivacity

Warmth
Wholesome
Witty

Watchful
Willful
Wonder

Wealthy
Willing
Wonderful

Wellness
Winning

Whole
Wisdom

Youthfulness

Zeal

