



Dear Achiever,

As you may already know, our values are the core to our being, it defines what is most important to us, it affects every element of our lives and determines our happiness.

Identifying your values is vital as it helps us to focus on what really matters to you. Once you have identified our top values, we can use them when making decisions. This will ensure that you are aligned with your core principles and helps you to live in balance.

This document will provide you with a list of core values, among which you can find those resonating with you.

For a better result, identify your top 5 values that are most important to you! When you identified those, try to explain WHY they are important to you.

Sincerely,

Team ACHIEVE

TOP 5 VALUES

1.

Why?

2.

Why?

3.

Why?

4.

Why?

5.

Why?



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VALUES

Acceptance — to be accepted as I am

Accountability — to be accountable or responsible

Accuracy — to be correct in my opinions and beliefs

Achievement — to have important accomplishments

Adventure — to have new and exciting experiences

Altruism — to practice selfless concern for the well-being of others

Art — to appreciate or express myself in art

Assertiveness — to stand up for your own or other's rights in a calm & positive way

Attractiveness — to be physically attractive

Authority — to be in charge of others

Autonomy — to be self-determined and independent

Balance — is having the right amount of any quality, which leads to harmony

Beauty — to appreciate beauty around me

Belonging — means acceptance as a person or member

Calmness — the state of being free from agitation or strong emotion

Caring — to take care of others

Challenge — to take on difficult tasks and problems

Clear-mindedness — Staying on point is key to clarity and success holistically

Comfort — to have a pleasant and comfortable life

Commitment — to make enduring, meaningful commitments

Community — a social state or condition



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Compassion — to feel and act on concern for others

Compromise — to be willing to give and take in reaching agreements

Consistency — harmony of conduct or practice

Contentment — the quality or state of being contented

Contribution — to make a lasting contribution in the world

Control — to exercise restraining or directing influence over

Cooperation — to work collaboratively with others

Courage — to be brave and strong in the face of adversity

Courtesy — to be considerate and polite toward others

Creativity — to create new things or ideas

Curiosity — to seek out, experience, and learn new things

Decisiveness — having the power or quality of deciding

Dependability — to be reliable and trustworthy

Determination — firm or fixed intention to achieve a desired end

Devoutness — devoted to a pursuit, belief, or mode of behavior

Diligence — to be thorough and conscientious in whatever I do

Discipline — orderly conduct or pattern of behavior

Diversity — an instance of being composed of differing elements or qualities

Duty — to carry out my duties and obligations

Ecology — to live in harmony with the environment

Effectiveness — producing a decided, decisive, or desired effect



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Empathy — the action of understanding, being sensitive to, the feelings of another

Equality — the quality or state of being equal

Excellence — an excellent or valuable quality

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

Focus — directed attention

Forgiveness — to be forgiving of others

Fortitude — strength of mind

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

Grace — disposition to or an act or instance of kindness or courtesy

Gratitude — to be thankful and appreciative

Growth — to keep changing and growing



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VALUES

Happiness — a state of well-being and contentment

Health — to be physically well and healthy

Helpful — of service or assistance

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

Improvement — the act or process of improving

Independence — to be free from depending on others

Industry — to work hard and well at my life tasks

Ingenuity — skill or cleverness in devising or combining

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

Intimacy — to share my innermost experiences with others

Joy — the emotion evoked by well-being, success, or good fortune

Justice — to promote fair and equal treatment for all

Knowledge — to learn and contribute valuable knowledge

Leadership — to inspire and guide others

Legacy — making a contribution to future generations



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Leisure — to take time and relax and enjoy

Loved — to be loved by those close to me

Loving — to give love to others

Loyalty — faithful to a cause, ideal, custom, institution, or person

Mastery — to be competent in my everyday activities

Mindfulness — to live conscious and mindful of the present moment

Moderation — to avoid excesses and find a middle ground

Music — to enjoy or express myself in music

Non-conformity — to question and challenge authority and norms

Novelty — to have a life full of change and variety

Obedience — submissive to the restraint or command of authority

Openness — to be open to new experiences, ideas, and options

Order — to have a life that is well-ordered and organized

Passion — to have deep feelings about ideas, activities, or people

Patriotism — to love, serve and protect my country

Peace — to work and promote

Perfection — an exemplification of supreme excellence

Popularity — to be well-liked by many people

Positivity — having a good effect

Power — to have control over others

Practicality — to focus on what is practical, prudent and sensible



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Professionalism — the conduct or qualities that characterize a professional

Protect — to protect and keep safe those I love

Provide — to provide for and take care of my family

Prudence — skill and good judgment in the use of resources

Purpose — to have meaning and direction in my life

Rationality — to be guided by reason, logic, and evidence

Realism — to see and act realistically and practically

Reliability — giving the same result on successive trials

Resourceful — capable of devising ways and means

Responsibility — to make and carry out responsible decisions

Restraint — not excessive or extravagant

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

Self-reliance — reliance on one's own efforts and abilities

Sensitive — delicately aware of the attitudes and feelings of other

Serenity — marked by or suggestive of calm and unruffled repose



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Service — to be helpful and of service to others

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

Spontaneous — produced without being planted or without human labor

Stability — to have a life that stays fairly consistent

Strategic — art of devising or employing plans toward a goal

Strength — the quality or state of being strong

Structure — coherent form or organization

Supportive — assist others

Teamwork — work done by several with each doing a part

Thankfulness — conscious of benefit received

Tolerance — to accept and respect others who differ from me

Tradition — to follow respected patterns of the past

Trustworthy — worthy of confidence

Understanding — an agreement of opinion or feeling

Uniqueness — distinctive

Unity — a condition of harmony

Usefulness — of a valuable or productive kind

Vision — a thought, concept, or object formed by the imagination

Virtue — to live a morally pure and excellent life

Wealth — abundance of valuable material possessions or resources