



Dear Achiever,

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

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

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

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

A

Acceptance - willingness to tolerate difficult situations

Accountability - willingness to accept responsibility for our own actions

Accuracy - to be correct in my opinions and beliefs

Achievement - things done successfully, typically by effort, courage, or skill

Adventure - to challenge yourself to have new and exciting experiences

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

Art - to appreciate or express yourself in art

Assessment - to stand up for your own or other's rights, in a calm & positive way

Authority - the power or right to give orders, make decisions

Autonomy - to be self-determined and independent

B

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

Belonging - means acceptance as a person or member

C

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

Caring - displaying kindness and concern for others

Challenge - to take on difficult tasks and problems



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

Comfort - to make grief or distress seem lighter by kindness

Commitment - to have an enduring, meaningful dedication to a cause

Community - a group of people having a common characteristic or goal

Compassion - to feel and act on concern for others

Compromise - willing to give and take to reach an agreements in a dispute

Communication – successfully able to convey or share ideas and feelings

Consistency - steadiness, regularity, stability

Contentment - a state of happiness and satisfaction

Contribution - to make a lasting contribution in the world

Control - to exercise restrain

Cooperation - to work collaboratively with others

Courage - the ability to do something that frightens oneself

Courtesy - to be considerate and polite toward others

Creativity - the use of the imagination or original ideas

Curiosity - a strong desire to know or learn something

D

Decisiveness - the ability to make decisions quickly and effectively

Dependability - to be reliable and trustworthy

Determination - firm or fixed intention to achieve the desired end

Devoutness - devoted to a pursuit or belief



Diligence - to be thorough and conscientious in whatever I do

Discipline - orderly conduct or pattern of behavior

Diversity - the practice of including people from different backgrounds

Duty - something that is expected or required to do by obligation

E

Effectiveness - the power to produce the desired result

Empathy - the action of understanding or being sensitive to the feelings of another

Equality - the state of being equal, especially in status, rights, and opportunities

Excellence - the quality of being outstanding or extremely good

Excitement - a feeling of great enthusiasm and eagerness

F

Faithfulness - to be loyal and true in relationships

Fame - to be known and recognized especially on account of notable achievements

Family - to make the welfare of family a priority

Fitness - to make health and activeness a priority

Flexibility - to adjust to new circumstances easily

Focus - to fix one's attention steadily toward an objective

Forgiveness - release others from the guilt or penalty of an offense



Fortitude - the strength of mind that enables a person to endure pain or hardship

Freedom - the state of being free to make decisions not based on obligations

Friendship - to have close, supportive friends

Fun - to inject fun and enjoyment into daily life

G

Generosity - to give more of something, money or time, than is necessary or expected

Genuine - to act in a manner that is true to who I am, be authentic in all I do

God's will - to seek and obey the will of God

Grace - to act always with kindness, class and mercy

Gratitude - to be thankful and appreciative and to see blessings everywhere

Growth - to keep changing, progressing, advancing

H

Happiness - a state of well-being and contentment

Health - to put importance on personal wellbeing; physical, mental and emotional

Helpful - to be of service or assistance to others

Honesty - to be honest and truthful in all actions

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

I

Imagination - to have dreams and see possibilities

Improvement - to always be in the process of improving oneself

Independence - to be free from depending on others, to be able to care for oneself

Industry - attentive and persistent effort toward goals

Ingenuity - the skill and imagination to create new things

Inner Peace - a deliberate state of calm despite stressors

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

J

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

Justice - to promote fair and equal treatment for all

K

Knowledge - to learn and contribute valuable knowledge

L

Leadership - to inspire and guide others



Legacy - making a contribution to future generations

Leisure - to take time to relax and enjoy

Communication - successfully convey or share ideas and feelings

Loved - to be cherished by those close to me

Loving - to feel affection or experience desire

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

M

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

N

Non-conformity - to question and challenge authority and norms

Novelty - to have a life full of change and variety

O

Obedience - willing to obey, follow without questioning

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

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



P

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

Patriotism - to love, serve and have pride in my country

Peace - to work and promote a state of harmony in the world

Perfection - an exemplification of supreme excellence

Persistency - to continue doing something even though it is difficult

Popularity - to be well-liked by many people

Positivity - having an optimistic attitude

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

Professionalism - the conduct or qualities that characterize a professional

Protect - to protect and keep safe those I love

Provide - to provide support for those I care about

Prudence - skill and good judgment in the use of resources

Purpose - to have meaning and direction in my life

R

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

Realism - to see and act realistically and practically

Reliability - being dependable

Resourceful - the ability to find quick and clever ways to overcome difficulties

Responsibility - to be reliable and trustworthy

Restraint - control over the expression of one's emotions or thoughts



Risk - to take a chance or gamble to move yourself ahead

Romance - to have intense, exciting love in my life

S

Safety - freedom from harm or danger

Self-acceptance - understanding and recognizing one's own abilities and limitations

Self-control - restraint exercised over one's own impulses, emotions, or desires

Self-esteem - confidence and satisfaction in oneself

Self-knowledge - an honest understanding of one's capabilities, character, or motivations

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

Sensitive - delicately aware of the attitudes and feelings of others

Serenity - state of being calm and peaceful

Service - contribution to the welfare of others

Simplicity - living in a simple or ordinary way but enjoyable

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

Spirituality - to grow and mature spiritually

Spontaneous - doing things that are not planned but seem enjoyable & worth doing

Stability - being emotionally or mentally healthy

Strategic - the use of a plan or method to achieve a goal

Strength - able to deal with problems in a determined and effective way



Structure - to live or work within a well-organized system

Supportive - the act of helping someone by giving love and encouragement

T

Teamwork - to work with a group of people acting together for the greater good

Thankfulness - feeling or showing gratitude

Tolerance - to accept & respect others who differ from me

Tradition - respect beliefs or customs handed down from one generation to another

Trustworthy - worthy of confidence, dependable

Trust - having confidence in the honesty & integrity of someone, including yourself

U

Uniqueness - to take pride in being distinctive or unusual

Unity - living with others who are in full agreement

USEFUL being valuable or productive

V

Visionary - having unusual foresight and imagination

Virtue - having morally good behavior or character



W

Wealth - to live with abundance