

Personal Values List

Openness	
Adventure	to be adventurous; to actively seek, create, or explore novel or stimulating experiences
Creativity	to be creative or innovative
Curiosity	to be curious, open-minded and interested; to explore and discover
Flexibility	to adjust and adapt readily to changing circumstances
Open-mindedness	to think things through, see things from other's points of view, and weigh evidence fairly
Self-development	to keep growing, advancing or improving in knowledge, skills, character, or life experience
Conscientiousness	
Contribution	to contribute, help, assist, or make a positive difference to myself or others
Freedom	to live freely; to choose how I live and behave, or help others do likewise
Industry	to be industrious, hard-working, dedicated
Order	to be orderly and organized
Safety	to secure, protect, or ensure safety of myself or others
Trust	to be trustworthy; to be loyal, faithful, sincere, and reliable
Agreeableness	
Compassion	to act with kindness towards those who are suffering
Encouragement	to encourage and reward behaviour that I value in myself or others
Fairness	to be fair to myself or others
Forgiveness	to be forgiving towards myself or others
Generosity	to be generous, sharing and giving, to myself or others
Patience	to wait calmly for what I want

List adapted from Russ Harris, 2010 www.actmindfully.com.au

Personal Values Circle

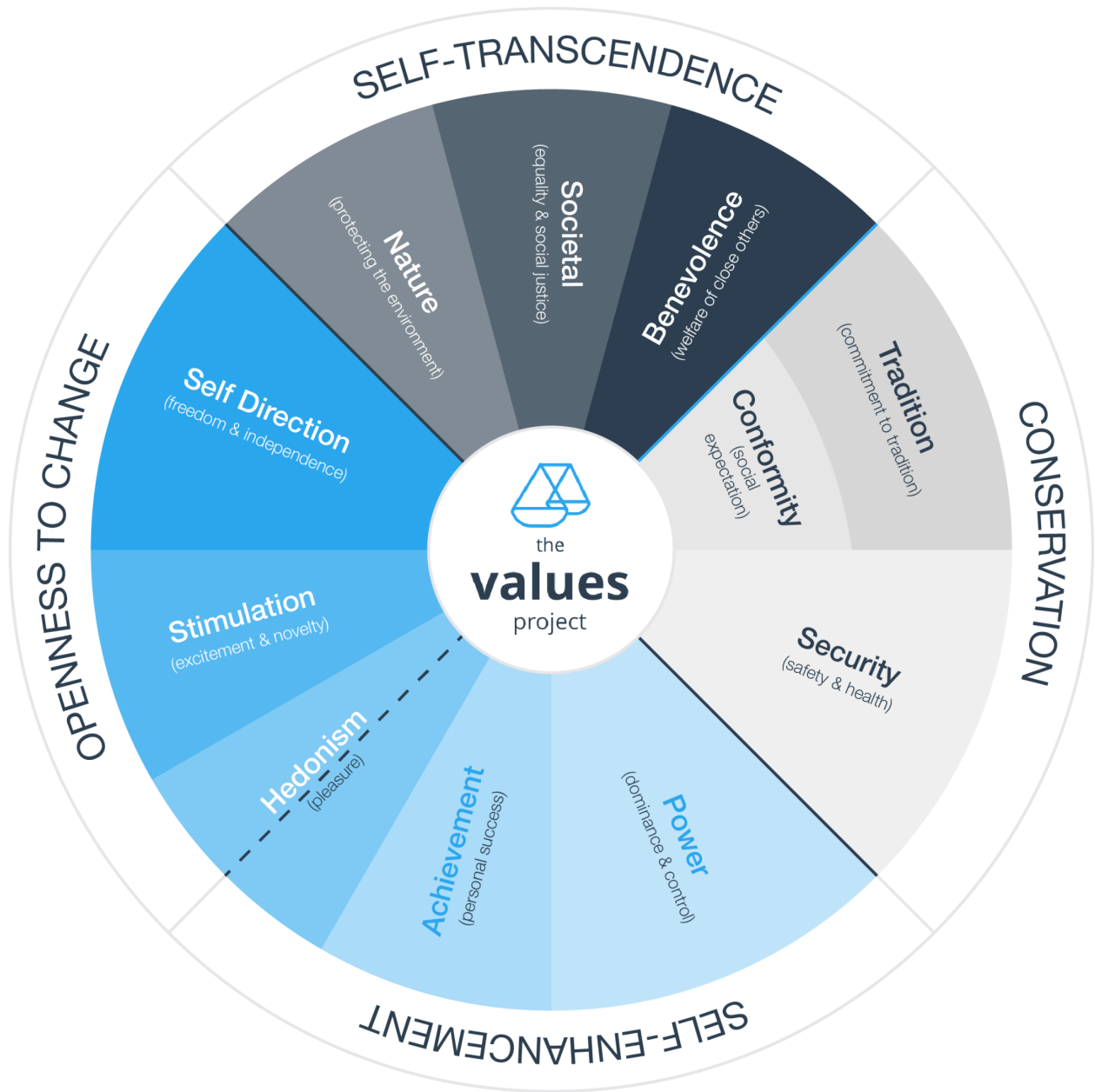


Image Source: <https://www.thevaluesproject.com/blog/what-are-personal-values/>