



VALUES BINGO- What are YOUR core values?

Choose and circle every core value that rings true with you. Don't overthink your selection. As you read through the list, simply circle the words that feel like a core value to you personally. If you think of a value you possess that is not on the list, write it down too.

Then add **L** (low), **M** (medium) or **H** (high) next to each value you've circled.

Which values feature highly, and which ones do you want more of in your life? Practice 1 daily.

Abundance	Dedication	Kindness	Professionalism
Acceptance	Dependability	Knowledge	Punctuality
Accountability	Diversity	Leadership	Relationships
Achievement	Empathy	Learning	Reliability
Adventure	Encouragement	Love	Resilience
Advocacy	Enthusiasm	Loyalty	Resourcefulness
Ambition	Ethics	Making a Difference	Responsibility
Appreciation	Excellence	Mindfulness	Responsiveness
Attractiveness	Expressiveness	Motivation	Security
Autonomy	Fairness	Optimism	Self-Control
Balance	Family	Open-Mindedness	Selflessness
Being the Best	Friendships	Originality	Simplicity
Benevolence	Flexibility	Passion	Stability
Boldness	Freedom	Performance	Success
Brilliance	Fun	Personal	Teamwork
Calmness	Generosity	Development	Thankfulness
Caring	Grace	Proactive	Thoughtfulness
Challenge	Growth	Professionalism	Traditionalism
Charity	Flexibility	Quality	Trustworthiness
Cheerfulness	Happiness	Recognition	Understanding
Cleverness	Health	Risk Taking	Uniqueness
Community	Honesty	Safety	Usefulness
Commitment	Humility	Security	Versatility
Compassion	Humour	Service	Vision
Cooperation	Inclusiveness	Spirituality	Warmth
Collaboration	Independence	Stability	Wealth
Consistency	Individuality	Peace	Well-Being
Contribution	Innovation	Perfection	Wisdom
Creativity	Inspiration	Playfulness	Zeal
Credibility	Intelligence	Popularity	
Curiosity	Intuition	Power	
Daring	Joy	Preparedness	
Decisiveness		Proactivity	



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