

List of Values

Reviewing this list of values can help you determine what you value in your own development and career.

Accountability	Excellence	Perfection
Accuracy	Expertise	Piety
Achievement	Exploration	Positivity
Adventurousness	Expressiveness	Practicality
Altruism	Fairness	Preparedness
Ambition	Faith	Professionalism
Assertiveness	Family-orientedness	Prudence
Balance	Fidelity	Quality-orientation
Being the best	Fitness	Reliability
Belonging	Fluency	Resourcefulness
Boldness	Focus	Restraint
Calmness	Freedom	Results-oriented
Carefulness	Fun	Rigor
Challenge	Generosity	Security
Cheerfulness	Goodness	Self-actualization
Clear-mindedness	Grace	Self-control
Commitment	Growth	Selflessness
Community	Happiness	Self-reliance
Compassion	Hard Work	Sensitivity
Competitiveness	Health	Serenity
Consistency	Helping Society	Service
Contentment	Holiness	Shrewdness
Continuous Improvement	Honesty	Simplicity
Contribution	Honor	Soundness
Control	Humility	Speed
Cooperation	Independence	Spontaneity

Correctness	Ingenuity	Stability
Courtesy	Inner Harmony	Strategic
Creativity	Inquisitiveness	Strength
Curiosity	Insightfulness	Structure
Decisiveness	Intelligence	Success
Democrateness	Intellectual Status	Support
Dependability	Intuition	Teamwork
Determination	Joy	Temperance
Devoutness	Justice	Thankfulness
Diligence	Leadership	Thoroughness
Discipline	Legacy	Thoughtfulness
Discretion	Love	Timeliness
Diversity	Loyalty	Tolerance
Dynamism	Making a difference	Traditionalism
Economy	Mastery	Trustworthiness
Effectiveness	Merit	Truth-seeking
Efficiency	Obedience	Understanding
Elegance	Openness	Uniqueness
Empathy	Excitement	Unity
Enjoyment	Order	Usefulness
Enthusiasm	Originality	Vision
Equality	Patriotism	Vitality

Source:

Adapted from the 2019 Professional Development Workbook for Work Study Students developed by Career Exploration & Education, University of Toronto.

List of Values adapted from http://www.mindtools.com/pages/article/newTED_85.htm

Available at <https://experientialmodules.utoronto.ca/>