



Characteristics and Values

The following chart is an extensive list of words that represent values and characteristics. It can help you find out more about yourself, your values and character traits. Here is how you can use this self-assessment tool:

1. Print the PDF.
2. Mark the words that represent values or traits that may be important to you in the list.
3. Beside your previously marked words, mark those that you are living by daily or most of the time.
4. If you are in a relationship, mark the words of values and characteristics that you observe in your partner. If you are single and looking for lasting love, mark the words of values and characteristics that you wish your future partner to have and live by.
5. To the left of each marked word, make another mark next to the characteristics and/or values that you find in your partner on a daily basis. You can make a little star or a tiny circle to distinguish which are yours and which represent your partner.
6. Mark the values that you find in your partner that you are not representing and that are not a priority for you with a number. The number should represent what level of quality that characteristic adds to your life, on a scale from 0 to 10.

This exercise may help you change the way you think, feel, and behave in every area of your life. Ask yourself the following questions:

1. In what order should I put my values to achieve the best life, become the best version of myself, and create significant impact in the time that I will spend on this planet?
2. What values do I need to add to fulfill my life purpose?
3. What values can I eliminate to get to where I want to be?
4. In what order should I place my values to create the greatest impact in my life?

Common Values /Characteristics

Abundance	Decisiveness	Justice	Risk taking
Adventure	Dedication	Kindness	Reliability
Acceptance	Dependability	Knowledge	Resilience
Accountability	Diversity	Leadership	Resourcefulness
Achievement	Empathy	Learning	Respect
Adventure	Encouragement	Love	Responsibility
Adaptability	Enthusiasm	Loyalty	Responsiveness
Advocacy	Ethics	Making a Difference	Safety
Ambition	Equality of opportunity	Mindfulness	Security
Appreciation	Excellence	Motivation	Self-Control
Attractiveness	Expressiveness	Novelty	Self-Discipline
Autonomy	Fairness	Open Communication	Selflessness
Balance	Fame	Open-Mindedness	Service
Being the Best	Family-oriented	Openness	Spontaneity
Benevolence	Forgiveness	Order	Simplicity
Boldness	Friendships	Organized	Spirituality
Brilliance	Flexibility	Optimism	Stability
Calmness	Freedom/of speech	Originality	Success
Caring	Fun	Passion	Teamwork
Challenging	Generosity	Peace	Thankfulness
Charity	Grace	Perfection	Thoughtfulness
Cheerfulness	Growth	Performance	Tolerance
Cleverness	Happiness	Personal	Traditionalism
Community	Harmony	Development	Trust
Commitment	Health	Personal Fulfillment	Trustworthiness
Compassion	Honesty	Playfulness	Understanding
Competition	Humility	Pleasure	Uniqueness
Conflict Resolution	Humor	Popularity	Usefulness
Cooperation	Inclusiveness	Power	Versatility
Collaboration	Independence	Preparedness	Vision
Consistency	Individuality	Proactive	Warmth
Contribution	Innovation	Professionalism	Wealth
Courage	Inspiration	Punctuality	Well-Being
Creativity	Integrity	Quality	Wisdom
Credibility	Intelligence	Rationality	Zeal
Curiosity	Intuition	Recognition	
Daring	Joy	Relationships	

