

**Amy McCae**  
**Life Coach**  
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### **Core Values Worksheet**

- 1. Please read through the following and choose all of the words that you feel describe you.**
- 2. Reread your chosen words and narrow the list to only 5 words that best describe you and what matters most to you.**
- 3. Make a list of ways that you can think, speak, and act inline with each one of your 5 values.**
- 4. Dig deeper and get quicker with a Discovery Session. Set an appointment with Amy at [www.amymccae.com](http://www.amymccae.com)**

*Ability*  
*Abundance*  
*Acceptance*  
*Accessibility*  
*Accomplishment*  
*Accuracy*  
*Achievement*  
*Acknowledgment*  
*Active*  
*Adaptability*  
*Adoration*  
*Adroitness*  
*Adventure*  
*Affection*  
*Affluence*  
*Agility*  
*Alertness*  
*Altruism*  
*Ambition*  
*Anticipation*  
*Appreciation*  
*Articulateness*  
*Assertiveness*  
*Audacity*  
*Availability*

Awareness

Awe

Beauty

Belonging

Benevolence

Bliss

Boldness

Bravery

Brilliance

*Calmness*

*Camaraderie*

*Candor*

*Capable*

*Care*

*Careful*

*Celebrity*

*Certainty*

*Challenge*

*Charity*

*Charm*

*Cheerful*

*Clarity*

*Cleanliness*

*Clever*

*Closeness*

*Comfort*

*Commitment*

*Compassion*

*Competence*

*Completion*

*Composure*

*Confidence*

*Conformity*

*Congruency*

*Contentment*

*Contribution*

*Control*

*Conviction*

*Coolness*

*Cooperation*

*Cordial*

*Correctness*

*Courage*

*Courtesy*

*Crafty*

*Creative*

*Credible*

*Cunning*

*Curious*

Daring

Decisiveness

Deep

Deference

Delight

Dependable

Depth

Desire

Devout

Dexterity

Dignity

Diligence

Discovery

Direction

Direct

Discipline

Discretion

Diversity

Dominance

Drive

Duty

Dynamic

**EAGERNESS**

**ECONOMY**

**ECSTASY**

**EDUCATION**

**EFFECTIVE**

**EFFICIENT**

**ELATION**

**ELEGANCE**

**EMPATHY**

**ENCOURAGEMENT**

**ENDURANCE**

**ENERGY**

**ENJOYMENT**

**ENTERTAINMENT**

**ENTHUSIASM**

**EXACTNESS**

**EXCELLENCE**

**EXCITEMENT**

**EXHILARATION**

**EXPECTANCY**

**EXPEDIENCY**

**EXPERIENCE**

**EXPERTISE**

**EXPLORATION**

**EXPRESSIVENESS**

**EXTRAVAGANCE**

**EXTROVERT**

**EXUBERANCE**

***Fair***

**Faith**  
**Family**  
**Fame**  
**Fascinating**  
**Fashion**  
**Fearless**  
**Ferocity**  
**Fidelity**  
**Fierceness**  
**Finesse**  
**Firm**  
**Fitness**  
**Flexibility**  
**Flow**  
**Fluent**  
**Fluidity**  
**Focus**  
**Fortitude**  
**Frankness**  
**Freedom**  
**Friendly**  
**Frugal**  
**Fun**  
Gallantry  
Generous  
Gentle  
Giving  
Grace  
Gratitude  
Gregarious  
Growth  
Guidance  
**Happy**  
**Harmony**

**Health**  
**Heart**  
**Helpfulness**  
**Heroism**  
**Holiness**  
**Honesty**  
**Honor**  
**Hopeful**  
**Hospitality**  
**Humility**  
**Humor**  
**Hygiene**  
**Imagination**  
**Impact**  
**Impartial**  
**Independence**  
**Industry**  
**Ingenuity**  
**Inquisitive**  
**Insightfulness**  
**Integrity**  
**Intelligent**  
**Intensity**  
**Intimacy**  
**Intrepidness**  
**Introversion**  
**Intuition**  
**Intuitive**  
**Inventive**

**Joy**  
**Justice**  
**Keen**  
**Kind**  
**Lavish**  
**Leadership**  
**Learning**  
**Liberation**  
**Liberty**  
**Liveliness**  
**Logic**  
**Love**  
**Loyalty**  
**Mastery**  
**Maturity**  
**Meekness**  
**Mellow**  
**Meticulous**  
**Mindfulness**  
**Mellow**  
**Meticulous**  
**Modesty**  
**Motivation**  
**Mysterious**  
**Neatness**  
**Nervous**  
**Obedience**  
**Open-Mindedness**  
**Open**



**Optimistic**  
**Order**  
**Organization**  
**Originality**  
**Outlandishness**  
**Outrageous**  
**Passion**  
**Peace**  
**Perceptive**  
**Perfection**  
**Perky**  
**Perseverance**  
**Persistence**  
**Persuasive**  
**Philanthropy**  
**Piety**  
**Playfulness**  
**Pleasant**  
**Pleasure**  
**Poise**  
**Polished**  
**Popular**  
**Power**  
**Practical**  
**Pragmatism**  
**Precision**  
**Prepared**  
**Presence**  
**Privacy**

**Proactive**  
**Professionalism**  
**Prosperity**  
**Prudence**  
**Punctuality**  
**Purity**  
**Realism**  
**Quality**  
**Quick**  
**Reasonable**  
**Recognition**  
**Recreation**  
**Refinement**  
**Reflection**  
**Relaxation**  
**Reliability**  
**Religion**  
**Resilience**  
**Resolve**  
**Resourceful**  
**Respect**  
**Rest**  
**Restraint**  
**Reverence**  
**Richness**  
**Rigor**  
**Sacredness**  
**Sacrifice**  
**Saintliness**

**Sanguinity**  
**Satisfaction**  
**Security**  
**Self-control**  
**Selflessness**  
**Self-reliance**  
**Sensitivity**  
**Sensuality**  
**Serenity**  
**Service**  
**Sexuality**  
**Sharing**  
**Shrewd**  
**Significance**  
**Silence**  
**Silly**  
**Simple**  
**Sincerity**  
**Skillful**  
**Sophistication**  
**Smart**  
**Solitude**  
**Speed**  
**Spirit**  
**Spirituality**  
**Spontaneity**  
**Spunk**  
**Stable**  
**Stealth**

**Still**  
**Strength**  
**Structure**  
**Success**  
**Support**  
**Supremacy**  
**Surprise**  
**Sympathetic**  
**Synchronicity**  
**Synergy**  
**Tactful**  
**Team**  
**Temperance**  
**Thankfulness**  
**Thorough**  
**Thoughtful**  
**Thrifty**  
**Tidiness**  
**Timeless**  
**Timeliness**  
**Traditional**  
**Tranquil**  
**Transcendence**  
**Trust**  
**Trust Worthiness**  
**Truth**  
**Understanding**  
**Unique**  
**Unity**

**Usefulness**

**Valor**

**Variety**

**Victory**

**Vigor**

**Virtues**

**Vision**

**Vitality**

**Vivacious**

**Warmth**

**Wholesome**

**Wealth**

**Willing**

**Wealth**

**Wisdom**

**Witty**

**Wonder**

**Youthfulness**

**Zeal**

**Zest**

