

Sample Principles and Values Lists

Principles are universal moral or ethical truths. Choose the 4 that resonate with you the most.

Integrity
Responsibility
Compassion
Forgiveness
Generosity
Commitment to a transcending power
Justice
Temperance/Self-Discipline
Humility
Care for living things/the environment
Wisdom
Courage

Note: Neither list is exhaustive. You may find other items to add as you consider what's most important to you.

Values are beliefs, missions or philosophies that are meaningful within cultures or to individuals. Choose the 5 you find most compelling.

Achievement	Competence
Power	Influencing Others
Affiliation	Stability
Thriftiness	Challenges
Creativity	Competition
Wealth	Economic Security
Autonomy	Cooperation
Status	Affection
Comfort	Privacy
Safety	Serenity
Wisdom	Truth
Enjoyment	Excitement
Friendship	Physical Challenge
Health	Efficiency
Security	Merit
Service	Personal Development
Community	Fame
Independence	Involvement
Loyalty	Honesty
Growth	Reputation
Curiosity	Purity
Spirituality	Freedom
Altruism	Effectiveness
Perseverance	Helping society
Order	Quality Relationships
Inner Peace	Recognition
Gratitude	Change and Variety
Open-Mindedness	
Meaningful Work	