A person standing next to a sign

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**CORE VALUES LIST** Change Maker by John Berardi, PHD

ACCOUNTABILITY ACCURACY ACHIEVEMENT ADVENTUROUSNESS ALTRUISM AMBITION ASSERTIVENESS BALANCE BEING THE BEST BELONGING BOLDNESS CALMNESS CAREFULNESS CHALLENGE CHEERFULNESS CLEAR-MINDEDNESS COMMITMENT COMMUNITY COMPASSION COMPETITIVENESS CONSISTENCY CONTENTMENT CONTINUOUS IMPROVEMENT CONTRIBUTION CONTROL COOPERATION CORRECTNESS COURAGE COURTESY CREATIVITY CURIOSITY DECISIVENESS DEMOCRACY DEPENDABILITY DETERMINATION DEVOUTNESS DILIGENCE DISCIPLINE DISCRETION DIVERSITY DYNAMISM ECONOMY EFFECTIVENESS EFFICIENCY ELEGANCE EMPATHY ENJOYMENT ENTHUSIASM EQUALITY EXCELLENCE EXCITEMENT EXPERTISE EXPLORATION EXPRESSIVENESS FAIRNESS FAITH FAMILY FIDELITY FITNESS FLUENCY FOCUS FREEDOM FUN GENEROSITY GOODNESS GRACE GROWTH HAPPINESS HARD WORK HEALTH HELPING SOCIETY HOLINESS HONESTY HONOR HUMILITY INCLUSION/INCLUSIVITY INDEPENDENCE INGENUITY INNER HARMONY INNOVATION INQUISITIVENESS INSIGHTFULNESS INTELLIGENCE INTELLECTUAL STATUS INTUITION JOY JUSTICE LEADERSHIP LEGACY LIFE FLEXIBILITY LOVE LOYALTY MAKING A DIFFERENCE MASTERY MERIT OBEDIENCE OPENNESS ORDER ORIGINALITY PATRIOTISM PERFECTION PIETY POSITIVITY PRACTICALITY PREPAREDNESS PROFESSIONALISM PRUDENCE QUALITY RELIABILITY RESOURCEFULNESS RESTRAINT RESULTS RIGOR SECURITY SELF-ACTUALIZATION SELF-CONTROL SELFLESSNESS SELF-RELIANCE SENSITIVITY SERENITY SERVICE SHREWDNESS SIMPLICITY SOUNDNESS SPEED SPONTANEITY STABILITY STRATEGY STRENGTH STRUCTURE SUCCESS SUPPORT TEAMWORK TEMPERANCE THANKFULNESS THOROUGHNESS THOUGHTFULNESS TIMELINESS TOLERANCE TRADITIONALISM TRUSTWORTHINESS TRUTH-SEEKING UNDERSTANDING UNIQUENESS UNITY USEFULNESS VISION VITALITY WISDOM WEALTH

List: Choose 5: Reduce: North Star:

1. 1. 1. 1.

2. 2. 2.

3. 3. 3.

4. 4.

5. 5.

6.

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9.

10.

1. Honesty Prosperity
2. Change
3. Gracefulness
4. Peacefulness
5. Harmony
6. Balance
7. Joy/Fun
8. Independence
9. Efficiency
10. Promise-keeping
11. Fairness
12. Sincerity
13. Accuracy
14. Goodness
15. Hope
16. Honor
17. Humility
18. Insightfulness
19. Influence
20. Decisiveness
21. Knowledge
22. Lawfulness
23. Calmness
24. Bliss
25. Clarity
26. Cleanliness
27. Boldness
28. Optimism
29. Bravery
30. Friendliness
31. Selflessness

Integrity

Wisdom

1. Autonomy
2. Loyalty
3. Abundance
4. Kindness
5. Charity
6. Respect
7. Courage
8. Generosity
9. Gratitude
10. Openness
11. Accountability
12. Compassion
13. Success
14. Self-love
15. Spirituality
16. Justice
17. Forgiveness
18. Caring
19. Faith
20. Beauty
21. Spirituality
22. Wealth
23. Equanimity
24. Acceptance
25. Humor
26. Intuition
27. Prosperity
28. Change
29. Gracefulness
30. Peacefulness
31. Harmony
32. Balance
33. Joy/Fun
34. Independence
35. Efficiency
36. Promise-keeping
37. Fairness
38. Sincerity
39. Accuracy
40. Goodness
41. Hope
42. Honor
43. Humility
44. Insightfulness
45. Influence
46. Decisiveness
47. Knowledge
48. Lawfulness
49. Calmness
50. Bliss
51. Clarity
52. Cleanliness
53. Boldness
54. Optimism
55. Bravery
56. Friendliness
57. Selflessness
58. Trust
59. Affection
60. Listening
61. Thoughtfulness
62. Deep Connections
63. Patience
64. Reciprocity
65. Appreciation
66. Fidelity
67. Faithfulness
68. Clear Communication
69. Playfulness
70. Romance
71. Passion
72. Patience
73. Confidence
74. Affection
75. Quality Time
76. Dedication
77. Reliability
78. Empathy
79. Stability
80. Tolerance
81. [**Emotional Intelligence**](https://www.scienceofpeople.com/emotional-intelligence/)
82. Gentleness
83. Warmth
84. Cooperation
85. Sweetness
86. Intimacy
87. Gift-Giving
88. Showing Appreciation
89. Mutual Support
90. Equal Relationship
91. Traditional Gender Roles
92. Timeliness
93. Persistence
94. Dedication to the Excellence
95. Growth Mindset
96. Diversity
97. Teamwork
98. Work-Life Balance
99. Innovation
100. Ingenuity
101. Work Smarter, Not Harder
102. Professionalism
103. Fame
104. Power
105. Hard Work Ethic
106. Leadership
107. Entrepreneurship
108. Self-Development
109. Dynamic Responses
110. Tidiness
111. Organization
112. Quality
113. Responsibility
114. Credibility
115. Encouragement
116. Adaptability
117. Self-Motivation
118. Service to Others
119. Profit
120. Constructive Criticism
121. Management
122. Consistency
123. Enthusiasm
124. Achievement
125. Transparency
126. Dependability
127. Fast Pace
128. Trial and Error
129. Positive Impact
130. Resourcefulness
131. Coaching
132. Mentorship
133. Problem-Solving
134. Charisma
135. Learning From Mistakes
136. Self-Discipline
137. Family First
138. Friendship
139. Positive Attitude
140. Freedom
141. Creativity
142. Happiness
143. This Too Shall Pass
144. Adventure
145. Balance
146. Wellness
147. Health and Fitness
148. [**Personal Development**](https://www.scienceofpeople.com/personal-development-blogs/)
149. Spontaneity
150. Extraordinary Experiences
151. Travel
152. Exhilaration
153. Exploration
154. Financial Security
155. Saving Money
156. Self-Control
157. Restraint
158. Consciousness
159. Conformity
160. Non-Conformity
161. Modesty
162. Liveliness
163. Vivaciousness
164. Curiosity
165. Understanding
166. Anti-Racism
167. Social Justice
168. Environmental Protection
169. Animal Rights
170. Reliability
171. Protecting Others
172. Self-Preservation
173. Chasing Your Dreams
174. Awareness
175. Calmness
176. Community
177. Artistry
178. Experimentation
179. Imagination
180. Originality
181. Cleverness
182. Stewardship
183. Wit
184. Comedy
185. Change the World
186. Inspire Others
187. Personal Expression
188. Finesse
189. Open-Mindedness
190. Natural Living
191. Religion
192. Tradition
193. Strength
194. Entertainment
195. Pride in Your Work
196. Trust Your Gut
197. Harmony
198. Implementation
199. Free Time
200. Leisure
201. Socializing
202. Laughter
203. Peace of Mind
204. [**Alone Time**](https://www.scienceofpeople.com/fear-of-being-alone/)
205. Going with the Flow
206. Planning
207. Inner Truth
208. Righteousness
209. Non-Violence
210. Tolerance
211. Patience
212. Altruism
213. Sustainability

A person standing next to a sign

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