

Values Definition Table

Value	Definition
Acceptance	Having people receive you well
Accomplishment	Doing or finishing something well
Accountability	Feeling obligated to or being willing to accept responsibility
Adaptability	Ability to change behavior to fit new situations
Adventurousness	Tendency to do new and daring things
Allegiance	Loyalty or feeling obligated to be loyal
Altruism	Caring for others without regard to yourself
Ambition	Eagerness or strong desire to achieve something
Appreciation	Ability to see the quality and the importance of people and things
Aspiration	Strong and persistent desire for high achievement
Assiduousness	Quality of never quitting, being persistent, and working hard
Authenticity	Quality of being trustworthy or genuine
Autonomy	Quality of being independent
Benevolence	Tendency to do kind and giving things
Camaraderie	Goodwill and lighthearted connection to friends
Caring	Feeling and showing concern for others
Changeability	Ability to adapt to different circumstances
Charity	Generosity toward others
Chastity	Innocence and purity
Cheerfulness	Quality of being lighthearted; lessening gloom
Citizenship	Exercising the duties, rights, and privileges of being a citizen
Clear Thinking	Acting intelligently without mental confusion
Collaboration	Working cooperatively with others
Commitment	Feeling bound in mind or heart to someone or doing something
Community	Sharing, participation, and fellowship with others
Compassion	Being deeply aware of and wanting to lessen the suffering of others
Competence	Being qualified to do something
Competitiveness	Doing something better than others
Composure	Maintaining a peaceful or calm state of mind
Concern	Taking an interest in someone or something
Conscientiousness	Doing things very carefully and thoroughly
Consideration	Thinking through things carefully, being thoughtful
Consistency	Doing things reliably and in the same way
Constancy	Remaining faithful to a person or an action in the face of change
Cooperation	Working willingly with others to accomplish something
Courage	Ability to face danger, fear, and obstacles with confidence

Value	Definition
Courtesy	Consideration for others
Credibility	Having people believe you
Decency	Conforming to the standards of proper or modest behavior
Dedication	Devoting energy and time without concern for yourself
Democracy	Believing that everyone deserves the same rights and respect
Dependability	Being reliable
Determination	Having strong will, purpose, or character
Diversity	Respecting and wanting difference and variety
Easiness	Being relaxed and informal in attitude or standards
Education	Gathering and growing knowledge or skill through learning
Efficiency	Ability to make things happen with a reasonable amount of effort
Empathy	Ability to identify with other people's situations and feelings
Encouragement	Ability to get others to take action
Equality	Believing that everyone deserves the same treatment
Equity	Wanting things to be just, impartial, and fair
Excellence	Having qualities to an unusual degree
Fairness	Doing things consistently with rules, logic, and ethics
Faith	Confident and complete belief in someone or something
Faithfulness	Sticking firmly and devotedly to someone or something
Fidelity	Faithfulness, loyalty, or devotion
Flexibility	Ability to respond to change
Forgiveness	Willingness to stop blaming or being angry with someone
Fortitude	Ability to face danger, pain, or obstacle with calm resolve
Friendship	Having a relationship based on mutual respect and good will
Generosity	Willingness and desire to give
Gentleness	Being mild, calm, and docile
Genuine	Being true and not fake
Giving	Offering knowledge or things without expecting anything in return
Goodness	Being kind, thoughtful, or honest
Goodwill	Friendly attitude that says you wish good things to happen to others
Gratitude	Feeling thankful for or appreciating things, people, or their actions
Hardworking	Working hard, well, and tirelessly
Helpfulness	Giving useful help or advice in a friendly way
Honesty	Acting straightforwardly and fairly
Honor	Being upright in character and having personal integrity
Hope	Feeling that something you want can be yours or will happen

Value	Definition
Humility	Feeling that you are not better than others
Industriousness	Working hard and regularly
Ingenuity	Having inventive skill or imagination
Initiative	Ability to energetically start and follow through with a plan or task
Integrity	Strictly following what you believe is right and good
Joy	Intense happiness
Justice	Strictly following what you believe is fair and just
Kindness	Wanting to be good, kind, and giving to others
Law-Abiding	Following all the rules and laws of society
Liberty	Choosing freely to act, believe, or express yourself in your own way
Love	Feeling strong desire or attraction toward a person or idea
Loyalty	Feeling devotion, attachment, and affection toward a person or idea
Mercy	Forgiving someone even though you have the power to punish them
Moderation	Having neither too little nor too much of anything
Morals	Your own belief about what is right or wrong that guides your actions
Obedience	Following the rules of what is required in a given situation
Optimism	Expecting the best possible outcome with bright hope
Patience	Waiting and withstanding without complaining or getting angry
Peace	Being free of conflict and violence
Perseverance	Sticking firmly and consistently to a course of action or belief
Promise-Keeping	Keeping your word that you will certainly do something
Prudence	Doing something right because it is the right thing to do
Punctuality	Adherence to the exact time of a commitment or event
Purity	Having done no wrong
Reason	Ability to think through and make good decisions
Recognition	Having people see and give you credit for all you have done
Reliability	Doing things consistently so that others can depend and trust you
Repentance	Feeling sorry and wanting to right past wrongs
Resilience	Ability to bounce back quickly from change or bad circumstances
Resourcefulness	Ability to act effectively and creatively, especially in tough situations
Respect	Showing polite attitude toward people or things that are important
Responsibility	Being accountable and answerable for something
Righteousness	Being without guilt or sin
Sacrifice	Willingness to give up a thing for something else more important
Self-Control	Being able to control your emotions, desires, or actions
Self-Discipline	Ability to make yourself do something even if you don't want to

Value	Definition
Sensitivity	Being aware of the needs and emotions of others
Serenity	Being calm in mind and even in temper
Sharing	Wanting others to take part, enjoy, or use together or in turns
Sincerity	Genuineness and honesty; not fake
Sobriety	Being calm, cool, and serious; freedom from extreme passions
Stamina	Having the physical or mental strength to do something for an extended period
Stewardship	Carefully conducting, supervising, or managing something
Supportive	Giving support and help
Thoughtfulness	Tendency to anticipate people's needs or wishes
Tolerance	Recognizing and respecting the beliefs and practices of others
Tranquility	Being calm and peaceful
Trustworthiness	Having people believe you and have confidence in you
Understanding	Having a positive, truthful relationship with others
Wisdom	Ability to make good decisions based on experience and learning
Additional Values	

List adapted from http://www.ethics.org/resources/values_defined.html. This is NOT a complete list of values, as a true list would be almost endless. When in doubt, see if the quality in question is a value by checking with the seven criteria for values ('What is a Value?' Handout)