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*Values  
Checklist*



**Thank you for downloading the Values Checklist. I want to introduce myself. My name is Jessica L Conrad. I am a Certified Coach and have my Masters in Holistic Health Studies. I help all Women at a Crossroads in Life Find Clarity and Direction. I specialize in Infertility and Endometriosis.**

**I am so excited for you to review your values and figure out where in your life they may be lacking.**

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**Many times in life we can feel out of sorts.**

**Something may not seem right, but we aren't able to figure out what it is.**

**One cause of this maybe that you are living out of alignment with your core values.**

**The next few pages contains a list of some of the most common values.**

**Review the list and circle your Top 10 Core Values.**

**Then go through the list and ask yourself if you are living by theses values.**

**If not, try realigning them and see if that makes a difference.**

# List of Values

Acceptance  
Accomplishment  
Accountability  
Accuracy  
Achievement  
Adaptability  
Alertness  
Altruism  
Ambition  
Amusement  
Assertiveness  
Attentive  
Awareness  
Balance  
Beauty  
Boldness  
Bravery  
Brilliance  
Calm  
Candor  
Capable  
Careful  
Certainty  
Challenge  
Charity  
Cleanliness  
Clear  
Clever  
Comfort  
Commitment  
Commonsense  
Communication  
Community  
Compassion  
Competence  
Concentration  
Confidence  
Connection  
Consciousness  
Consistency  
Contentment  
Contribution  
Contentment  
Contribution  
Control  
Conviction  
Cooperation  
Courage  
Courtesy  
Creation  
Creativity  
Credibility  
Curiosity  
Decisive  
Decisiveness  
Dedication  
Dependability  
Determination  
Development  
Devotion  
Dignity  
Discipline

**Discovery**  
**Drive**  
**Education**  
**Effectiveness**  
**Efficiency**  
**Empathy**  
**Empower**  
**Endurance**  
**Energy**  
**Enjoyment**  
**Enthusiasm**  
**Equality**  
**Ethical**  
**Excellence**  
**Experience**  
**Exploration**  
**Expressive**  
**Fairness**  
**Family**  
**Famous**  
**Fearless**  
**Feelings**  
**Ferocious**  
**Fidelity**

**Focus**  
**Foresight**  
**Fortitude**  
**Freedom**  
**Friendship**  
**Fun**  
**Generosity**  
**Genius**  
**Giving**  
**Goodness**  
**Grace**  
**Gratitude**  
**Greatness**  
**Growth**  
**Happiness**  
**Hardwork**  
**Harmony**  
**Health**  
**Honesty**  
**Honor**  
**Hope**


**Humility**  
**Humor**  
**Imagination**  
**Improvement**  
**Independence**  
**Individuality**  
**Innovation**  
**Inquisitive**  
**Insightful**  
**Inspiring**  
**Integrity**  
**Intelligence**  
**Intensity**  
**Intuitive**  
**Joy**  
**Justice**  
**Kindness**  
**Knowledge**  
**Lawful**  
**Leadership**  
**Learning**

<b>Liberty</b>	<b>Present</b>	<b>Serenity</b>
<b>Logic</b>	<b>Productivity</b>	<b>Service</b>
<b>Love</b>	<b>Professionalism</b>	<b>Sharing</b>
<b>Loyalty</b>	<b>Prosperity</b>	<b>Significance</b>
<b>Mastery</b>	<b>Purpose</b>	<b>Silence</b>
<b>Maturity</b>	<b>Quality</b>	<b>Simplicity</b>
<b>Meaning</b>	<b>Realistic</b>	<b>Sincerity</b>
<b>Moderation</b>	<b>Reason</b>	<b>Skill</b>
<b>Motivation</b>	<b>Recognition</b>	<b>Skillfulness</b>
<b>Openness</b>	<b>Recreation</b>	<b>Smart</b>
<b>Optimism</b>	<b>Reflective</b>	<b>Solitude</b>
<b>Order</b>	<b>Respect</b>	<b>Spirit</b>
<b>Organization</b>	<b>Responsibility</b>	<b>Spirituality</b>
<b>Originality</b>	<b>Restraint</b>	<b>Spontaneous</b>
<b>Passion</b>	<b>Resultsoriented</b>	<b>Stability</b>
<b>Patience</b>	<b>Reverence</b>	<b>Status</b>
<b>Peace</b>	<b>Rigor</b>	<b>Stewardship</b>
<b>Performance</b>	<b>Risk</b>	<b>Strength</b>
<b>Persistence</b>	<b>Satisfaction</b>	<b>Structure</b>
<b>Playfulness</b>	<b>Security</b>	<b>Success</b>
<b>Poise</b>	<b>Self-reliance</b>	<b>Support</b>
<b>Potential</b>	<b>Selfless</b>	<b>Surprise</b>
<b>Power</b>	<b>Sensitivity</b>	<b>Sustainability</b>

**Talent**  
**Teamwork**  
**Temperance**  
**Thankful**  
**Thorough**  
**Thoughtful**  
**Timeliness**  
**Tolerance**  
**Toughness**  
**Traditional**  
**Tranquility**  
**Transparency**  
**Trust**  
**Trustworthy**  
**Truth**  
**Understanding**  
**Uniqueness**  
**Unity**  
**Valor**  
**Victory**  
**Vigor**  
**Vision**  
**Vitality**

**Wealth**  
**Welcoming**  
**Winning**  
**Wisdom**  
**Wondert**

**Please use the below space to  
write in any that may be  
missing for you.**



If you would like to learn more about working with me or to Book a Free Call, Please visit; [www.jessicalconrad.com](http://www.jessicalconrad.com)

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