

# Values list

|                |                     |               |                 |
|----------------|---------------------|---------------|-----------------|
| Abundance      | Efficiency          | Imagination   | Reason          |
| Accountability | Empathy             | Independence  | Recognition     |
| Achievement    | Empowerment         | Individuality | Recreation      |
| Adaptability   | Endurance           | Initiative    | Reliability     |
| Adventure      | Energy              | Integrity     | Resourcefulness |
| Affluence      | Enjoyment           | Influence     | Respect         |
| Altruism       | Enthusiasm          | Ingenuity     | Responsibility  |
| Ambition       | Equity              | Innovation    | Restraint       |
| Authenticity   | Excellence          | Inquisitive   | Rigor           |
| Authority      | Excitement          | Inspiring     | Risk            |
| Balance        | Experience          | Integrity     | Safety          |
| Beauty         | Exploration         | Intelligence  | Security        |
| Being the best | Expression          | Intuition     | Self-discipline |
| Belonging      | Fairness            | Job security  | Self-reliance   |
| Brilliance     | Faith               | Joy           | Self-respect    |
| Calm           | Fame                | Justice       | Selflessness    |
| Candour        | Family              | Kindness      | Sensitivity     |
| Career         | Fearlessness        | Knowledge     | Service         |
| Caring         | Fidelity            | Leadership    | Simplicity      |
| Collaboration  | Financial stability | Learning      | Skill           |
| Community      | Focus               | Legacy        | Spontaneity     |
| Compassion     | Forgiveness         | Liberty       | Sportsmanship   |
| Confidence     | Freedom             | Logic         | Success         |
| Connection     | Friendship          | Love          | Teamwork        |
| Contentment    | Frugality           | Loyalty       | Thoroughness    |
| Contribution   | Fun                 | Mastery       | Thrift          |
| Conviction     | Future generations  | Maturity      | Tolerance       |
| Cooperation    | Generosity          | Meaning       | Tradition       |
| Courage        | Giving back         | Moderation    | Trust           |
| Courtesy       | Good health         | Openness      | Truth           |
| Creativity     | Grace               | Optimism      | Understanding   |
| Curiosity      | Gratitude           | Order         | Uniqueness      |
| Decisiveness   | Growth              | Originality   | Unity           |
| Dedication     | Happiness           | Parenting     | Versatility     |
| Determination  | Hard work           | Passion       | Vision          |
| Devotion       | Harmony             | Patience      | Vulnerability   |
| Dignity        | Home                | Peace         | Warmth          |
| Diligence      | Honesty             | Perseverance  | Wealth          |
| Discovery      | Honour              | Poise         | Well-being      |
| Diversity      | Hope                | Power         | Winning         |
| Drive          | Humility            | Pride         | Wisdom          |
| Effectiveness  | Humour              | Prosperity    | Wonder          |

Other:

## Finding your individual and shared values

1. Underline all those values that resonate with you, and/or write in your own at the bottom. Most people will end up with a list of 10-20 values
2. Have a look for commonalities. Are there some that can be covered by others?
3. Challenge yourself to find no more than three that hold the greatest meaning for you and the causes and/or charities you might fund.

## Need additional support?

The APS Giving Services team regularly facilitates strategy sessions with APS clients to help them articulate their individual and shared values.

[Contact us](#) to find out more.