

Accountability	Accuracy	Achievement
Adventurousness	Altruism	Ambition
Assertiveness	Balance	Belonging
Boldness	Challenge	Cheerfulness
Commitment	Community	Compassion
Competitiveness	Contentment	Continuous improvement
Contribution	Control	Cooperation
Creativity	Curiosity	Decisiveness
Dependability	Determination	Diligence
Discipline	Discretion	Diversity
Effectiveness	Efficiency	Empathy
Enjoyment	Enthusiasm	Excellence
Excitement	Expertise	Exploration
Expressiveness	Fairness	Faith
Fitness	Focus	Freedom
Fun	Generosity	Goodness
Growth	Happiness	Hard work
Honesty	Honour	Humility
Independence	Ingenuity	Inner harmony
Inquisitiveness	Insightfulness	Intelligence
Intuition	Joy	Justice
Leadership	Love	Loyalty
Making a difference	Mastery	Obedience
Openness	Order	Originality
Perfection	Positivity	Practicality
Professionalism	Prudence	Quality-orientation
Reliability	Resourcefulness	Results-oriented
Security	Self-actualization	Self-control
Selflessness	Self-reliance	Sensitivity
Serenity	Service	Simplicity
Spontaneity	Stability	Strategic
Strength	Structure	Success
Support	Teamwork	Thoroughness
Thoughtfulness	Tolerance	Trustworthiness
Understanding	Uniqueness	Unity
Usefulness	Vision	Vitality

From the above list of values, highlight all those which matter to you personally.

Now reduce those down to twelve important values.

Now reduce that down to six critical values.

Now reduce that down to three non-negotiables.