

As nurses, it is important to stay grounded in order to provide the best care to patients. Below is a list of values. Pick ten values that resonate with your goals in healthcare. If you do not see an important value to you, please add it!

Accountability	Diversity	Humility	Security
Accuracy	Education	Independence	Self-actualization
Achievement	Effectiveness	Ingenuity	Self-control
Adventure	Efficiency	Innovation	Selflessness
Altruism	Elegance	Inner Harmony	Self-reliance
Ambition	Empathy	Inquisitiveness	Sensitivity
Assertiveness	Enjoyment	Insightfulness	Serenity
Balance	Enthusiasm	Intelligence	Service
Beauty	Equality	Intuition	Simplicity
Belonging	Excellence	Joy	Soundness
Boldness	Excitement	Kindness	Spirituality
Calmness	Expertise	Justice	Speed Spontaneity
Care	Exploration	Leadership	Stability
Challenge	Expressiveness	Legacy	Strategic
Cheerfulness	Fairness	Love	Strength
Comfort	Faith	Loyalty	Structure
Commitment	Fidelity	Mastery	Success
Community	Fitness	Merit	Support
Compassion	Fluency	Obedience	Teamwork
Competitiveness	Focus	Openness	Temperance
Consistency	Freedom	Order	Thankfulness
Contentment	Fun	Originality	Thoroughness
Contribution	Generosity	Patriotism	Thoughtfulness
Correctness	God	Peace	Timelines
Courtesy	Grace	Perfection	Time Alone
Creativity	Growth	Physical Activity	Tolerance
Curiosity	Happiness	Piety	Traditionalism
Decisiveness	Hard Work	Positivity	Travel
Dependability	Health	Practicality	Trustworthiness
Determination	Helping Society	Preparedness	Truth-seeking
Devoutness	Holiness	Professionalism	Understanding
Diligence	Honesty	Quality	Uniqueness
Discipline	Honor	Relationships	Usefulness
Discretion		Reliability	Vision
		Resourcefulness	
		Restraint	

Now that you have chosen your ten, chose your top five values and list them in order of importance.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Hopefully, this exercise will give more purpose to everyday tasks and remind you why you chose to be a superhero (nurse). If you need more inspiration, check out LWES's values [here!](#)