# CORE VALUES Worksheet

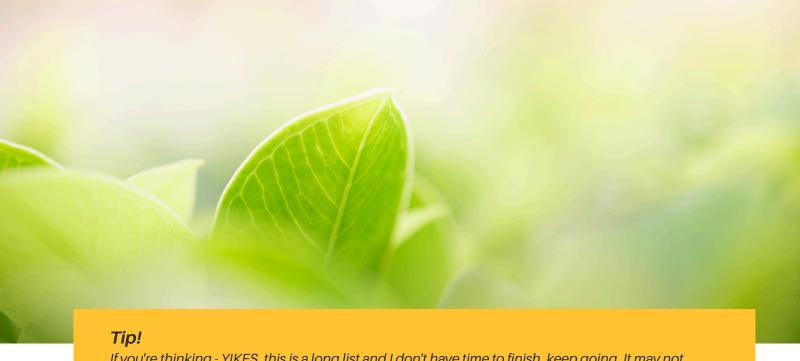


Personal core values help focus and align our life choices so that we can consciously create our most meaningful and fulfilling life. Taking time to reflect on and connect regularly with your own core values can be a game changer and can also be a springboard for conversation and connection with friends, family members, or peers.

#### Step 1

#### Write a number next to each value below based on the following scale:

1 = Very important to me	2 = Somewhat important to me	3 = Neutral	4 = Not very impo	rtant to me
ACCOUNTABILITY	COMMU	NITY		ENERGY
ACHIEVEMENT	COMPAS	SSION		EXCELLENCE
ADAPTABILITY	COMPET	ENCE		EXPLORATION
ADVENTURE	CONFIDE	ENCE		FAIRNESS
AMBITION	CONNEC	CTION		FAITH
AUTHENTICITY	CONSIST	ΓENCY		FAME
AUTONOMY	CONTRIE	BUTION		FAMILY
AWE	COOPER	ATION		FEARLESSNESS
BALANCE	CREATIV	'ITY		FLEXIBILITY
BEAUTY	CURIOSI	TY		FOCUS
BELONGING	DECISIVI	ENESS		FORGIVENESS
BOLDNESS	DEDICAT	ΓΙΟΝ		FREEDOM
CARING	DEPEND	ABILITY		FRIENDSHIP
CHALLENGE	DETERM	INATION		FUN
CHANGE	DISCIPLI	NE		GENEROSITY
CHARITY	DIVERSIT	ΓΥ		GRATITUDE
CLARITY	DRIVE			GROWTH
COLLABORATION	DUTY			HAPPINESS
COMFORT	EMPATH	ΙΥ		HARMONY
COMMITMENT	ENCOUR	RAGEMENT		HEALTH



If you're thinking - YIKES, this is a long list and I don't have time to finish, keep going. It may not seem like it now, but this may be one of the most important things you do all year.

 HELPING OTHERS	 LOYALTY	 REFLECTION
 HONESTY	 MINDFULNESS	 RESPECT
 HOPE	 MODERATION	 RESPONSIBILITY
 HUMILITY	 MOTIVATION	 RISK
 HUMOR	 NURTURANCE	 ROMANCE
 INDEPENDENCE	 OPEN-MINDEDNESS	 SECURITY
 INNOVATION	 OPTIMISM	 SELF-AWARENESS
 INSPIRATION	 ORDER	 SELF-CARE
 INTEGRITY	 PASSION	 SELF-DISCIPLINE
 INTELLIGENCE	 PRESENCE	 SELF-KNOWLEDGE
 INTIMACY	 PATIENCE	 SERVICE
 JOY	 PEACE	 SIMPLICITY
 JUSTICE	 PERSEVERANCE	 SOLITUDE
 KINDNESS	 PERSISTENCE	 SPIRITUALITY
 KNOWLEDGE	 PLAYFULNESS	 STABILITY
 LEADERSHIP	 POPULARITY	 TRUST
 LEARNING	 POSITIVITY	 VIRTUE
 LEISURE	 POWER	 WEALTH
 LIBERTY	 PROFESSIONALISM	 WORLD PEACE
 LISTENING	 PURPOSE	
 LOVE	 QUALITY	

## Step 2

Identify the words that you assigned a "1" to in Step 1 and write them here:							
	-		_				
	-		-				
	-		-				
	_		_				

### Step 3



Circle the 3-5 values in Step 2 above that are most important to you <u>in this current phase of life,</u> then write them in the boxes below:

Once you've identified your top 3-5 values, you can fold them into your MORNING REFLECTION practice. We recommend making it a habit/routine to briefly touch into your values first thing each morning so they can guide your daily actions and intentions.



#### **Opportunity For Deeper Reflection**

awareness to the role values play in your daily experience.

Are there obvious or subtle ways in which you aren't living in alignment with your core values? Are there values from the list in Step 1 that you are currently living by that may not be serving you? Can you identify any external circumstances that are preventing you from living in alignment with your core values? Can you identify any internal circumstances that are preventing you from living in alignment with your core values? Are there any ways that offering yourself more self-compassion could help you live more in alignment with your values? Is anything else coming up for you as you explore this exercise?

Consider the following questions to help deepen your connection to your core values and bring greater