

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 important to me

- | | | |
|--------------------|-------------------|------------------|
| ___ ACCOUNTABILITY | ___ COMMUNITY | ___ ENERGY |
| ___ ACHIEVEMENT | ___ COMPASSION | ___ EXCELLENCE |
| ___ ADAPTABILITY | ___ COMPETENCE | ___ EXPLORATION |
| ___ ADVENTURE | ___ CONFIDENCE | ___ FAIRNESS |
| ___ AMBITION | ___ CONNECTION | ___ FAITH |
| ___ AUTHENTICITY | ___ CONSISTENCY | ___ FAME |
| ___ AUTONOMY | ___ CONTRIBUTION | ___ FAMILY |
| ___ AWE | ___ COOPERATION | ___ FEARLESSNESS |
| ___ BALANCE | ___ CREATIVITY | ___ FLEXIBILITY |
| ___ BEAUTY | ___ CURIOSITY | ___ FOCUS |
| ___ BELONGING | ___ DECISIVENESS | ___ FORGIVENESS |
| ___ BOLDNESS | ___ DEDICATION | ___ FREEDOM |
| ___ CARING | ___ DEPENDABILITY | ___ FRIENDSHIP |
| ___ CHALLENGE | ___ DETERMINATION | ___ FUN |
| ___ CHANGE | ___ DISCIPLINE | ___ GENEROSITY |
| ___ CHARITY | ___ DIVERSITY | ___ GRATITUDE |
| ___ CLARITY | ___ DRIVE | ___ GROWTH |
| ___ COLLABORATION | ___ DUTY | ___ HAPPINESS |
| ___ COMFORT | ___ EMPATHY | ___ HARMONY |
| ___ COMMITMENT | ___ ENCOURAGEMENT | ___ HEALTH |



Tip!

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 in this current phase of life, 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

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