

Core Values Worksheet

Purpose: Identifying your core values will help you focus on living in alignment with who you are, or who you want to be.

Step 1: Circle the 15 Values that most resonate with you. Crossing out the ones that you know don't resonate with may help identify those that do. Make sure to add any values that you don't see there that are important to you.

Accountability	Family	Personal-
Achievement	Fitness	Development
Adventure	Freedom	Philanthropy
Authenticity	Friendship	Power
Authority	Fun	Productivity
Balance	Growth	Quality
Caring	Happiness	Recognition
Challenge	Harmony	Relationships
Change	Honesty	Religion
Collaboration	Honor	Respect
Commitment	Humility	Responsibility
Community	Humor	Responsiveness
Competence	Imagination	Risk-taking
Competition	Independence	Safety
Cooperation	Individuality	Security
Country	Innovation	Service
Courage	Integrity	Sharing
Creativity	Justice	Simplicity
Customer	Kindness	Spirituality
Satisfaction	Knowledge	Stability
Discipline	Leadership	Status
Diversity	Learning	Strength
Education	Legacy	Success
Effectiveness	Love	Teamwork
Efficiency	Loyalty	Tradition
Empowerment	Meaning	Trust
Entrepreneurship	Meaningful	Truth
Equality	Work	Uniqueness
Excellence	Money	Variety
Expertise	Order	Vitality
Fairness	Passion	Wealth
Faith	Patience	Winning
	Perfection	Work
	Perseverance	

Step 2. Now narrow that list of 15 down to your top 5 and then put them in order of importance. This is where the real challenge is!

Value	Explanation	Rating

Step 3: Once you have your top 5 core values, print them out and put them where you can see them all the time to remind you of what kind of life you are interested in living, and how to stay in alignment with that.