

PERSONAL CORE VALUES

Acceptance	Courage	Genius	Optimism	Smart
Accomplishment	Courtesy	Giving	Order	Solitude
Accountability	Creation	Goodness	Organization	Spirit
Accuracy	Creativity	Grace	Originality	Spirituality
Achievement	Credibility	Gratitude	Passion	Spontaneous
Adaptability	Curiosity	Greatness	Patience	Stability
Alertness	Decisive	Growth	Peace	Status
Altruism	Decisiveness	Happiness Hard	Performance	Stewardship
Ambition	Dedication	work Harmony	Persistence	Strength
Amusement	Dependability	Health	Playfulness	Structure
Assertiveness	Determination	Honesty	Poise	Success
Attentive	Development	Honor	Potential	Support
Awareness	Devotion	Hope	Power	Surprise
Balance	Dignity	Humility	Present	Sustainability
Beauty	Discipline	Imagination	Productivity	Talent
Boldness	Discovery	Improvement	Professionalism	Teamwork
Bravery	Drive	Independence	Prosperity	Temperance
Brilliance	Effectiveness	Individuality	Purpose	Thankful
Calm	Efficiency	Innovation	Quality	Thorough
Candor	Empathy	Inquisitive	Realistic	Thoughtful
Capable	Empower	Insightful	Reason	Timeliness
Careful	Endurance	Inspiring	Recognition	Tolerance
Certainty	Energy	Integrity	Recreation	Toughness
Challenge	Enjoyment	Intelligence	Re active	Traditional
Charity	Enthusiasm	Intensity	Respect	Tranquility
Cleanliness	Equality	Intuitive	Responsibility	Transparency
Clear	Ethical	Irreverent	Restraint	Trust
Clever	Excellence	Joy	Results-oriented	Trustworthy
Comfort	Experience	Justice	Reverence	Truth
Commitment	Exploration	Kindness	Rigor	Understanding
Common sense	Expressive	Knowledge	Risk	Uniqueness
Communication	Fairness	Lawful	Satisfaction	Unity
Community	Family	Leadership	Security Self-	Valor
Compassion	Famous	Learning	reliance Sel ess	Victory
Competence	Fearless	Liberty	Sensitivity	Vigor
Concentration	Feelings	Logic	Serenity	Vision
Confidence	Ferocious	Love	Service	Vitality
Connection	Fidelity	Loyalty	Sharing	Wealth
Consciousness	Focus	Mastery	Signi cance	Welcoming
Consistency	Foresight	Maturity	Silence	Winning
Contentment	Fortitude	Meaning	Simplicity	Wisdom
Contribution	Freedom	Moderation	Sincerity	Wonder
Control	Friendship	Motivation	Skill	
Conviction	Fun	Openness	Skillfulness	
Cooperation	Generosity			



PERSONAL CORE VALUES

EXERCISE: SELECT 5 VALUES THAT DEEPLY RESONATE WITH YOU THE MOST (YOU MAY OPT FOR VALUES NOT INCLUDED IN THIS SHEET. TAKE YOUR TIME AND DECIDE INTENTIONALLY.)

STEP 1: CORE VALUES SELECTED

- _____
- _____
- _____
- _____
- _____

FRIENDLY EXERCISE TIP:

If Step 5 is "No", reflect WHY. If you have doubts about your selected values, don't be afraid to go back to the drawing board. If you're confident about your selection, but you notice a misalignment in Steps 2 through 4, make a plan to realign your current lifestyle with your values.

STEP 2: I CHOSE CORE VALUE _____ BECAUSE...

STEP 3: THIS CORE VALUE IS A RECURRING THEME IN THE FOLLOWING AREAS IN MY LIFE...

STEP 4: THESE CORE VALUES ACTIVELY APPLIED IN MY CURRENT LIFE...

STEP 5:
ALL OF MY CORE VALUES
SHOW ON THE LEFT.

YES

NO