

# Your Core Values Worksheet



1. DETERMINE YOUR CORE VALUES. FROM THE LIST BELOW, CIRCLE THE VALUES THAT RESONATE WITH YOU. DO NOT OVERTHINK YOUR SELECTIONS. IF YOU THINK OF A VALUE YOU POSSESS THAT IS NOT ON THE LIST, BE SURE TO WRITE IT DOWN AS WELL.

Abundance Daring Intuition Acceptance Decisiveness Joy Proactivity  
Achievement Dedication Kindness Professionalism Advancement Dependability  
Knowledge Punctuality Adventure Diversity Leadership Recognition Advocacy  
Empathy Learning Relationships Ambition Encouragement Love Reliability  
Appreciation Enthusiasm Loyalty Resilience Attractiveness Ethics Making a  
Difference Resourcefulness Autonomy Excellence Teamwork Mindfulness  
Responsibility Balance Expressiveness Motivation Preparedness  
Responsiveness Being the Best Ethics Optimism Security Benevolence  
Excellence Open-Mindedness Self-Control Boldness Expressiveness Originality  
Selflessness Brilliance Fairness Passion Simplicity Calmness Family Performance  
Stability Caring Friendships Personal Development Success Challenge Flexibility  
Proactive Charity Freedom Cleverness Generosity Risk Taking Trustworthiness  
Commitment Growth Safety Understanding Compassion Flexibility Security  
Uniqueness Cooperation Happiness ServiceUsefulness Collaboration Health  
Professionalism Thankfulness Cheerfulness Recognition Traditionalism  
Spirituality Versatility Consistency Honesty Stability Vision Contribution Humility  
Peace Warmth Creativity Humor Perfection Wealth Credibility Inclusiveness Fun  
Quality Thoughtfulness Community Grace Playfulness Well-Being Curiosity  
Independence Popularity Wisdom Accountability Individuality Power Zeal  
Innovation Inspiration Intelligence

# Group Values

2. GROUP ALL SIMILAR VALUES TOGETHER FROM THE LIST OF VALUES YOU JUST CIRCLED. GROUP THEM IN A WAY THAT MAKES SENSE TO YOU, PERSONALLY. CREATE A MAXIMUM OF FIVE GROUPINGS. IF YOU HAVE MORE THAN FIVE GROUPINGS, DROP THOSE LEAST IMPORTANT. SEE THE EXAMPLE BELOW:

## Example

Abundance Growth Wealth Security Freedom Independence Flexibility		



# Represent

3. CHOOSE ONE WORD WITHIN EACH GROUPING THAT BEST REPRESENTS THE LABEL FOR THE ENTIRE GROUP. AGAIN, DO NOT OVERTHINK YOUR LABELS. THERE ARE NO RIGHT OR WRONG ANSWERS. YOU ARE DEFINING THE ANSWER THAT IS RIGHT FOR YOU. SEE THE EXAMPLE BELOW – THE LABEL CHOSEN FOR THE GROUPING IS BOLDED.

Abundance

Growth

Wealth

Security

**Freedom**

Independence

Flexibility

Peace

\*The bold labels are your  
core values.

