

Discovering Your Core Values



Instructions:

- 1) Take a few moments to reflect on what is important to you. Consider your goals, experiences, and relationships.
- 2) From the list of values below, put an "X" on fifteen that are important to you.
- 3) Of those fifteen values, circle the ten that resonate most to you.
- 4) Highlight the three values that speak to you the most.

Please add to your list any values which are important to you that are not included here.

- | | |
|---|--|
| <input type="checkbox"/> Abundance | <input type="checkbox"/> Integrity |
| <input type="checkbox"/> Accountability | <input type="checkbox"/> Intentionality |
| <input type="checkbox"/> Achievement | <input type="checkbox"/> Knowledge |
| <input type="checkbox"/> Adventure | <input type="checkbox"/> Leadership |
| <input type="checkbox"/> Authenticity | <input type="checkbox"/> Legacy |
| <input type="checkbox"/> Balance | <input type="checkbox"/> Loyalty |
| <input type="checkbox"/> Challenge | <input type="checkbox"/> Love |
| <input type="checkbox"/> Change and variety | <input type="checkbox"/> Merit |
| <input type="checkbox"/> Charity | <input type="checkbox"/> Morality |
| <input type="checkbox"/> Community | <input type="checkbox"/> Nature |
| <input type="checkbox"/> Collaboration | <input type="checkbox"/> Organization |
| <input type="checkbox"/> Compassion | <input type="checkbox"/> Personal development |
| <input type="checkbox"/> Competence | <input type="checkbox"/> Physical challenge |
| <input type="checkbox"/> Competition | <input type="checkbox"/> Pleasure |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> Power and authority |
| <input type="checkbox"/> Democracy | <input type="checkbox"/> Privacy |
| <input type="checkbox"/> Ecological awareness | <input type="checkbox"/> Purity |
| <input type="checkbox"/> Effectiveness | <input type="checkbox"/> Quality relationships |
| <input type="checkbox"/> Efficiency | <input type="checkbox"/> Respect |
| <input type="checkbox"/> Excellence | <input type="checkbox"/> Reputation |
| <input type="checkbox"/> Excitement | <input type="checkbox"/> Responsibility |
| <input type="checkbox"/> Faith | <input type="checkbox"/> Security |
| <input type="checkbox"/> Fame | <input type="checkbox"/> Self-respect |
| <input type="checkbox"/> Family | <input type="checkbox"/> Sophistication |
| <input type="checkbox"/> Financial gain | <input type="checkbox"/> Spirituality |
| <input type="checkbox"/> Freedom | <input type="checkbox"/> Spontaneity |
| <input type="checkbox"/> Friendships | <input type="checkbox"/> Stability |
| <input type="checkbox"/> Gratitude | <input type="checkbox"/> Time freedom |
| <input type="checkbox"/> Harmony | <input type="checkbox"/> Trust |
| <input type="checkbox"/> Health | <input type="checkbox"/> Truth |
| <input type="checkbox"/> Helping others | <input type="checkbox"/> Wealth |
| <input type="checkbox"/> Honesty | <input type="checkbox"/> Wisdom |
| <input type="checkbox"/> Honor | <input type="checkbox"/> Work/life balance |
| <input type="checkbox"/> Independence | |