

## Instructions:

1. Read through the list on p2 very quickly. Put a tick mark next to each value that appeals to you.
2. Write in your own values as desired.
3. Take a second fast pass through the values you marked: circle your top 10.
4. Take a final slow pass through the values you circled. Star 3-5 that speak to you most deeply.

## There are so many to pick from! Some ways to identify what speaks to you deeply:

- Deep values may give you a physical feeling of rest, contentment, ease, satisfaction, “flow”, homecoming or rightness
- Deep values don’t carry a feeling of “should” .... Or a feeling of guilt.
- Have you felt a sense of knowing or purpose? Look for the values that describe it.
- Think about peak moments – activities that brought both achievement and strong satisfaction in the doing. What values represent those moments?
- Some words are close but not quite right: do any synonyms resonate better?
- Deep values should make decision-making easier, not harder – they draw a bright line that feels correct and aligned to your inner truth.
- When did you feel joy and “enoughness” as a child? What values describe those times?

## My Core Values:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# Core Values

- |                |              |                 |
|----------------|--------------|-----------------|
| Accuracy       | Fairness     | Playfulness     |
| Accomplishment | Faith        | Pleasure        |
| Achievement    | Fame         | Poise           |
| Action         | Family       | Popularity      |
| Adventure      | Focus        | Power           |
| Aesthetics     | Frankness    | Professionalism |
| Aggressiveness | Freedom      | Quality         |
| Assertiveness  | Freshness    | Recognition     |
| Athleticism    | Friendships  | Reputation      |
| Authenticity   | Fun          | Resilience      |
| Authority      | Generosity   | Respect         |
| Autonomy       | Grace        | Responsibility  |
| Balance        | Growth       | Security        |
| Beauty         | Happiness    | Self-Respect    |
| Boldness       | Harmony      | Service         |
| Bravery        | Health       | Simplicity      |
| Calm           | Honesty      | Sincerity       |
| Candidness     | Honor        | Spirituality    |
| Challenge      | Humor        | Spontaneity     |
| Change         | Impact       | Stability       |
| Citizenship    | Influence    | Status          |
| Collaboration  | Innovation   | Stewardship     |
| Community      | Intelligence | Success         |
| Compassion     | Intuition    | Tradition       |
| Competency     | Justice      | Trustworthiness |
| Competition    | Justice      | Truth           |
| Conservation   | Kindness     | Usefulness      |
| Consideration  | Knowledge    | Vision          |
| Contribution   | Leadership   | Voice           |
| Control        | Learning     | Wealth          |
| Creativity     | Longevity    | Winning         |
| Credibility    | Love         | Wisdom          |
| Curiosity      | Loyalty      | _____           |
| Daring         | Mastery      | _____           |
| Determination  | Meaning      | _____           |
| Discretion     | Mindfulness  | _____           |
| Diversity      | Modesty      | _____           |
| Education      | Objectivity  | _____           |
| Effectiveness  | Openness     | _____           |
| Excellence     | Optimism     | _____           |
| Excitement     | Originality  | _____           |
| Expertise      | Organization | _____           |
| Exploration    | Patience     | _____           |
| Expressiveness | Peace        | _____           |