

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	Resilience	Simplicity
Daring	Attractiveness	Calmness
Intuition	Ethics	Family
Acceptance	Making a Difference	Performance
Decisiveness	Resourcefulness	Stability
Joy	Autonomy	Caring
Proactivity	Excellence	Friendships
Achievement	Teamwork	Personal
Dedication	Mindfulness	Development
Kindness	Responsibility	Success
Professionalism	Balance	Challenge
Advancement	Expressiveness	Flexibility
Dependability	Motivation	Proactive
Knowledge	Preparedness	Charity
Punctuality	Responsiveness	Freedom
Adventure	Being the Best	Cleverness
Diversity	Ethics	Generosity
Leadership	Optimism	Risk Taking
Recognition	Security	Trustworthiness
Advocacy	Benevolence	Commitment
Empathy	Excellence	Growth
Learning	Open-Mindedness	Safety
Relationships	Self-Control	Understanding
Ambition	Boldness	Compassion
Encouragement	Expressiveness	Flexibility
Love	Originality	Security
Reliability	Selflessness	Uniqueness
Appreciation	Brilliance	Cooperation
Enthusiasm	Fairness	Happiness
Loyalty	Passion	Service

Usefulness	Contribution	Grace
Collaboration	Humility	Playfulness
Health	Peace	Well-Being
Professionalism	Warmth	Curiosity
Thankfulness	Creativity	Independence
Cheerfulness	Humor	Popularity
Recognition	Perfection	Wisdom
Traditionalism	Wealth	Accountability
Spirituality	Credibility	Individuality
Versatility	Inclusiveness	Power
Consistency	Fun	Zeal
Honesty	Quality	Innovation
Stability	Thoughtfulness	Inspiration
Vision	Community	Intelligence

2. Group Values

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:

Abundance
 Growth
 Wealth
 Security
 Freedom
 Independence
 Flexibility

3. Represent

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.