Values Worksheet

SECTION 1 - DISCOVER YOUR CORE VALUES

To help you discover your core values consider the following questions. Focus on the why behind your answers (leave room to write for each).

1 What experiences have brought you the most joy? Why did they?

2 What has made you angry or frustrated? Why?

3 What's most important in your life?

NAME _____ DATE _____

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SECTION 2. IDENTIFY YOUR CORE VALUES.

Here's a list to help get you started, but don't let it confine you. Identify 10 core values that serve as your guiding light.

Abundance
Achievement
Adventure
Affiliations
Altruism
Art
Athleticism
Authenticity
Balance
Beauty
Belonging
Bravery
Calmness
Career
Carpe diem
Challenges
Change / variety
Church
Cleanliness
Comfort
Communication
Community
Competition
Contribution
Control
Cooperation
Country, patriotism
Courage
Creativity
Democracy
Dependability
Dignity
Discipline
Education
Efficiency
Empathy
Energy
Entertainment
Environment
Excellence
Excitement
Fairness
Faith
Fame
Family
Fitness
Forgiveness
Freedom
Friendship
Fun
Future generations
Generosity
Giving back
Grace
Gratitude
Growth
Happiness
Harmony
Health
Hobbies
Honesty
Home
Honor
Hope
Humility
Humor
Independence
Inner harmony / peace
Integrity
Joy
Kindness
Knowledge
Laughter
Leadership
Learning
Legacy
Living on purpose
Location
Love
Loyalty
Marriage/significant other
Material Items
Mobility
Nature (being in)
Optimism
Order / Clarity
Passion
Patriotism
Peace
Perfection
Perserverance
Personal development
Pleasure
Power
Pride
Privacy
Prosperity
Public service
Purity
Recognition
Relationships
Reliability
Religion / spirituality
Reputation
Respect
Responsibility
Risk (willing to take)
Romance
Security
Selflessness
Serenity
Skill
Sophistication
Spontaneity
Stability
Status
Stewardship
Strength
Style
Success
Time freedom
Tradition
Travel
Trust
Wealth
Well-being
Whole-heartedness
Wisdom

TOP 10 VALUES (HIGHEST TO LOWEST)

1	*6*
2	*7*
3	*8*
4	*9*
5	*10*

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