

FINDING YOUR VALUES



Select Your Values

Review the list of core values. Feel free to add any that are not on the list. Consider the people you most admire, what values are personified with them? Think about the best and most difficult situations in your life. Do any values stand out? Mark all values that resonate with you.

Achievement	Fun	Making a difference	Safety
Ambition	Generosity	Motivation	Security
Caring	Growth	Optimism	Self-control
Charity	Happiness	Open-mindedness	Service
Collaboration	Health	Passion	Spirituality
Creativity	Honesty	Perfection	Stability
Curiosity	Humor	Performance	Success
Dependability	Individuality	Personal development	Thankfulness
Empathy	Innovation	Popularity	Traditionalism
Encouragement	Intelligence	Power	Understanding
Enthusiasm	Intuition	Professionalism	Wealth
Ethics	Joy	Punctuality	Well-being
Excellence	Kindness	Quality	Wisdom
Fairness	Knowledge	Recognition	_____
Family	Leadership	Relationships	_____
Friendships	Learning	Reliability	_____
Flexibility	Love	Resilience	_____
Freedom	Loyalty	Risk-taking	_____

Categorize Your Values

Review the values you marked and group them into categories. Identify a central theme and name the category.

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Select Your Top Core Values

Select the top three core values that resonate most with you.

1. _____ 2. _____ 3. _____