

CORE VALUES WORKSHEET

What's Important to You?

Instructions:

Step One: Think about your life and how you spend time. What you think about? What do you enjoy or don't enjoy?

Step Two: Imagine you're about to give a commencement address to a graduating class. What are the key messages that you'd want to share? What has been important to you in your life?

Step Three: Read through the entire list circling the words that you think most fit you.

Step Four: Read your list, narrowing the list to your top 8-10.

Step Five: Write your Top 10 in the space provided below. For each value you've chosen to highlight in your life, think of any ways that you could bring it more alive in your life. What could you do to demonstrate or activate that core value? Make some notes for each core value.



Use these Core Values to Find What's Important to You

Accuracy	Empowerment	Kindness	Responsibility
Achievement	Encouragement	Knowledge	Results
Adventure	Equality	Leadership	Risk-Taking
Aesthetics/Beauty	Excellence	Love	Romance
Ambition	Experience	Loyalty	Safety
Authenticity	Faith	Mastery	Security
Autonomy	Fame	Meaning	Self-Worth
Awareness	Family	Motivation	Sensitivity
Beauty	Freedom	Nobility	Serenity
Bliss	Friendship	Nurture	Service
Boldness	Fun	Open-minded	Sharing
Caring	Generosity/Giving	Orderliness	Simplicity
Catalyze	Grace	Originality	Spark
Cause	Growth	Passion	Spirituality
Challenge	Happiness	Peace	Status
Charity	Harmony	Personal Expression	Success
Civility	Health/Wellness	Persuasion	Teach
Commitment	Honesty	Pleasure	Tenderness
Community	Honor	Possibilities	Touch
Contribution	Hope	Potential	Tradition
Creativity	Humility	Power	Trust
Dependable	Humor	Productivity	Truth
Dignity	Independence	Provide	Visionary
Discovery	Influence	Quest	Vitality/Zest
Dominance	Inspiring	Recognition	Wealth
Ease	Integrate	Relationships	Wholeness
Education	Integrity	Reliability	Win
Elegance	Intimacy	Resilience	Wisdom
Empathy	Joy	Respect	Wonder/Awe
Others:	Justice	Others:	Others:

