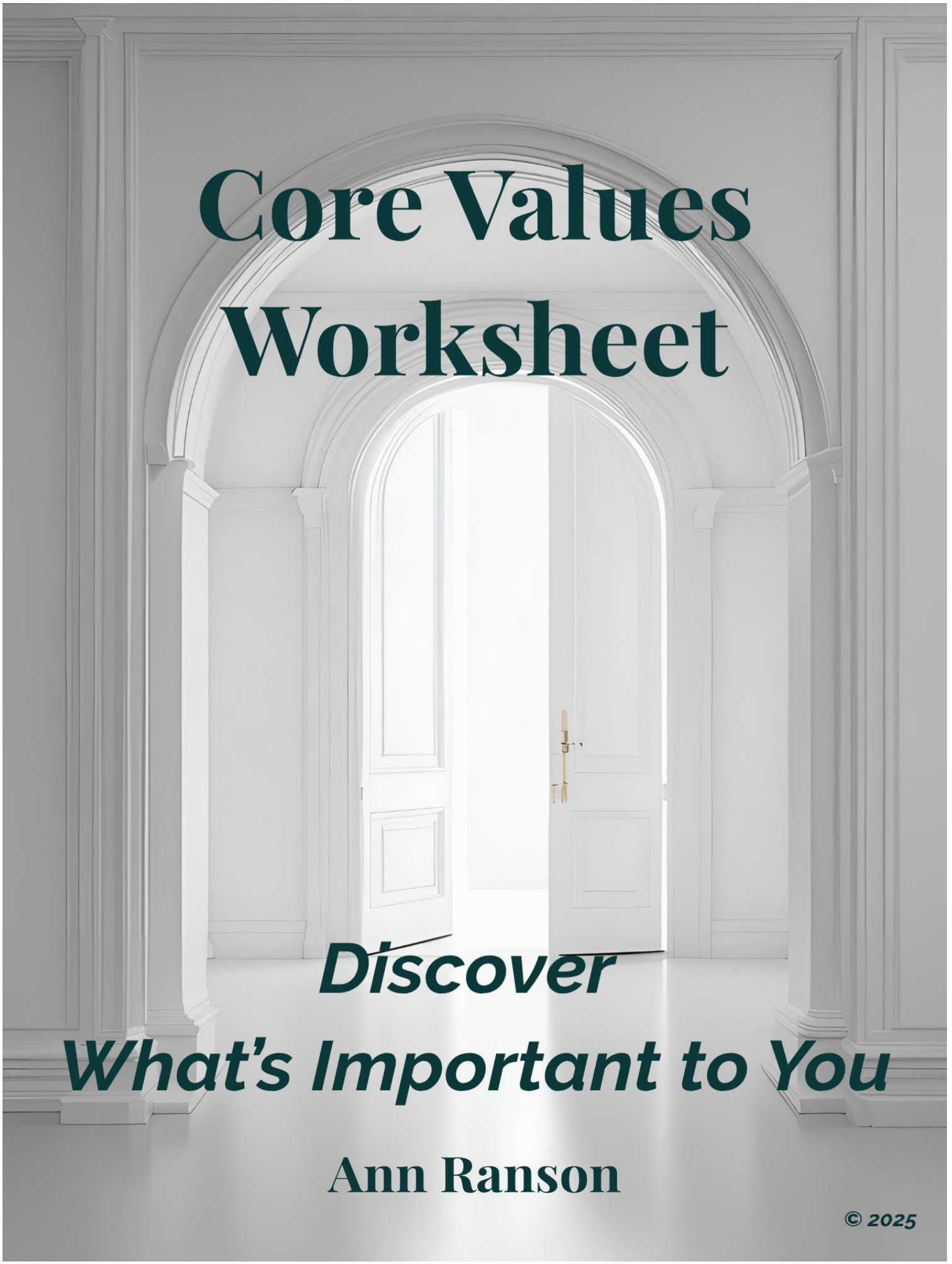

Core Values Worksheet

Discover What's Important to You

Ann Ranson

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CORE VALUES WORKSHEET

Discover What's Important to You

What are Core Values and Why are they Important?

- Core Values: a set of fundamental beliefs, ideals or practices that inform how you conduct your life, both personally and professionally
- Why are they important? They guide your behaviors, decisions, and actions. They bring about a sense of purpose and self-worth. They remind you what's important to you and what you want more of in your life. When you know what's important to you, you can live in alignment with those values.[1]
- They name what is most important to you or your organization.
    - An organization's values should be the bedrock of why the company exists, how behavioral norms are defined, and how decisions are made in order to achieve goals and fulfill the vision.[2]

What Core Values are:

Personal, flexible over time, felt deep within, your guiding star.

What Core Values are not:

Operating practices - Business strategies - Cultural norms - Competencies - Changed in response to market/ administration changes.

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The purpose of this workbook is to help you identify the values that are most important to you right now. Our values do change over time; today let's focus on what's important to you at this time in your life.

Some of you may feel a bit nervous to sit quietly exploring your hearts' desires. It's ok, you're in good company. Most people I talk to share the same fear. I'd like to encourage you to do it anyway. Because you've downloaded this workbook, some part of you wants to take this journey; something is gently whispering that now is the time to feel the fear and do it anyway.

Life is a journey with many twists and turns. I have found that as I sit in the quiet, asking for and receiving guidance, my life has become much easier. The more we discover our true essence, the less we have to worry about others' opinions. We know who we are and with practice, we get really comfortable in this skin!

This Core Values Worksheet is one step on a journey of self-awareness. It is intended to identify the main values that are your foundation or roadmap for your life. When uncertainty strikes, turn to your values to see your way through.

From this foundation, you can act and react with confidence that your choices will be congruent and aligned with who you want to be. They provide direction and guidance despite our emotions or any drama of the moment.

Quickly scan the list, noting your initial reaction to the values shown. Don't overthink – go with your gut! There's room at the bottom to add any that you feel are missing.

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Instructions:

Step One:
Think about your life and how you spend time. What do you think about? What do you enjoy or don't you 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 below, circling the words/values that are most important to you.

Step Four:
Read your list again, marking through (I know these are tough decisions) until you've narrowed the list to 10. These are your top 10. Now list them in order of importance to you in the Notes section.

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.

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Use this List of 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	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:

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Notes:

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Ann Ranson is a heart-centered strategist, TEDx speaker, and transformational guide who helps people figure out what's missing—then build strategies to live a life that feels aligned, fulfilled, and true.

With decades of experience in strategy, leadership, personal growth, and spiritual study, Ann supports purpose-led individuals and organizations in breaking old patterns and making values-based choices that bring clarity, confidence, and meaning. Rooted in faith and guided by spiritual wisdom, her work helps clients reconnect with their inner truth and higher purpose. Through her What Matters Most Method, and tools like GallupStrengths and the Transformation Game, she offers a clear, compassionate path toward deeper self-trust and sustainable success.

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