

Core Values

Our needs and wants through life will change, but our core values generally remain the same and really provide insight into why and how we make decisions.

If you've found yourself in situations that don't feel 'quite right', it's probably because they weren't aligned to your values.

Core values provide you with a compass in a way, to keep you on track for what's actually important.

1. The following page has a list of values
2. Look through the list and circle 10-15
3. Don't overthink it - trust your gut!
4. Then narrow down to 3-5 top core values
5. Maybe group some before eliminating
6. Then record your results on the worksheet!

Values List

Acceptance	Composure	Energy	Imagination	Parenting	Solidarity
Accountability	Confidence	Enjoyment	Inclusion	Passion	Spirituality
Achievement	Connection	Enlightenment	Independence	Perfection	Spontaneity
Acknowledgment	Consistency	Enthusiasm	Initiative	Perseverance	Stability
Adaptability	Contentment	Excellence	Inquisitiveness	Personal Fulfillment	Strength
Adventure	Contribution	Exploration	Integrity	Philanthropy	Success
Affection	Control	Expressiveness	Intelligence	Playfulness	Teamwork
Ambition	Conviction	Fairness	Intimacy	Popularity	Thoughtfulness
Appreciation	Cooperation	Faith	Intuition	Power	Timeliness
Authenticity	Courage	Fame	Job Security	Precision	Tradition
Autonomy	Courtesy	Family	Joy	Pride	Trust
Awareness	Creativity	Fearlessness	Justice	Privacy	Truth
Balance	Credibility	Financial Stability	Kindness	Professionalism	Understanding
Belongingness	Curiosity	Fitness	Knowledge	Reason	Uniqueness
Beauty	Decisiveness	Flexibility	Leadership	Recognition	Unity
Brilliance	Dependability	Freedom	Legacy	Reliability	Usefulness
Bravery	Determination	Friendship	Learning	Resourcefulness	Variety
Carefulness	Devotion	Fun	Leisure	Respect	Victory
Career	Dignity	Generosity	Love	Responsibility	Vision
Caring	Directness	Grace	Loyalty	Risk-taking	Vulnerability
Charity	Discipline	Gratitude	Mastery	Safety	Wealth
Clarity	Diversity	Growth	Mindfulness	Satisfaction	Wholeheartedness
Closeness	Drive	Happiness	Modesty	Security	Willingness
Comfort	Duty	Harmony	Motivation	Self-Control	Wisdom
Collaboration	Education	Health	Obedience	Self-Expression	Wonder
Commitment	Efficiency	Honesty	Openness	Selflessness	Worthiness
Community	Effectiveness	Honour	Optimism	Self-Respect	
Compassion	Empathy	Humility	Order	Sensuality	
Competence	Endurance	Humour	Originality	Sincerity	

My Core Values are...

I chose these values because...
