

CORE VALUES WORKSHEET

Think back to when you were a child from age 6 to 12. What were 5 to 10 qualities that were true of you? Don't take a lot of time with this. Do it quickly. Which qualities are still true about you?

Think of things people cannot stop you from doing?

List several characteristics of when you were at your best over the past two decades. In other words, you were living your best self out of your values?

If you were leaving a list of the top 10 values required for a successful and full life for future generations of young people to read, what would they include?

What do you value? This is not a complete list – something to get you started. Circle the values that matter to you.

Accuracy	Achievement	Adventure
Aesthetics	Artistic Expression	Authenticity
Balance	Challenge	Commitment
Compassion	Competency	Competition
Conformity	Contribution	Control
Cooperation	Creativity	Dependability
Duty	Efficiency	Faithfulness
Fairness	Family	Favor
Flexibility	Financially Secure	Friendship
Fulfillment	Generosity	Happiness
Hard Work	Honesty	Humor
Independence	Influence	Integrity
Leisure	Love	Loyalty
Nature	Organization	Peace
Perseverance	Prestige	Prosperity
Power	Relationships	Reputation
Responsibility	Safety	Security
Self-Respect	Service	Success
Teamwork	Tolerance	Tradition
Variety		

Choose your top 5 core values.

Would outsiders or friends guess what your top values are based on your lifestyle?

When you take a look at your daily and weekly activities, how do they reflect or conflict with your values? What changes do you need to make to live your life in harmony with your core values?
