



My Core Values

Core values or personal values are what you believe in and rely on as guiding principles for your life. They can be anything, from family to hard work to personal freedom. The core of who you are is defined by the core values that guide your everyday life, decision making, and even your life's purpose. Identifying your core values will help guide you in the direction that you want to go in and help you on the path of what you want to accomplish. Use this worksheet to develop your personal core values and in making goals that will guide you toward these important values.

Accountability	Education	Individuality	Prosperity
Achievement	Efficiency	Influence	Reliability
Adaptability	Empathy	Inner Harmony	Reputation
Adventure	Enthusiasm	Innovation	Resilience
Altruism	Equality	Integrity	Respect
Ambition	Excellence	Joy	Responsibility
Authenticity	Fairness	Kindness	Security
Autonomy	Faith	Knowledge	Self-control
Balance	Family	Leadership	Self-reliance
Belonging	Flexibility	Learning	Self-respect
Charity	Freedom	Love	Service
Commitment	Friendship	Loyalty	Simplicity
Community	Fun	Open-minded	Social Justice
Compassion	Generosity	Optimism	Spirituality
Connection	Good Humor	Organization	Strength
Concern for Others	Gratitude	Patience	Stewardship
Conservation	Growth	Peace	Trust
Contribution	Happiness	Performance	Truth
Courage	Health	Perseverance	Understanding
Dependability	Honesty	Playfulness	Unity
Discipline	Humility	Positivity	Versatility
Duty	Independence	Pragmatism	Vision
Other:	Other:	Other:	Other:

Directions: Put a check a check mark by each value that is important to you.

Circle each value that really stand out to you like a flashing light.

Narrow your circled list down to your top two.

1. _____
2. _____

Write 1-2 goals that will keep you aligned with your values.

Example: Learning: I will read 20 minutes 5 days a week from a self-help book or article.