



Identifying Your 5 Core Values

1. From the list of values below, circle or highlight the 10 values that resonate with you the most. If any values are missing, add them.
2. On page 2, write a short reflection to understand and articulate each of these 10 values.
4. Now that you've reflected on each, from the 10 top values, identify your 5 **core** values, and write them on page 3, with space to the left and to the right.
5. Use a verb either before or after each of the 5 core values to make them **actionable** in a way that's personalized to YOU. Alternatively, change the value itself into a verb and add additional words to make it actionable.
*For example, the value "Growth" might become "Seek Growth", or "Grow every day", or "Grow the people around me" (etc).
6. Rate the value on a scale of 1-10 for your satisfaction in how well you are generally able to live this value, where 1 is you are not at all satisfied in how you live this value and 10 being you are completely satisfied in how you live this value. Reflect on what impact it is having to be at this level and what you could do to improve your satisfaction.

*Exercise adapted from Taproot <http://www.taproot.com/archives/37771>

Abundance	Dedication	Intelligence	Respect
Acceptance	Dependability	Intuition	Responsibility
Accountability	Diversity	Joy	Responsiveness
Accomplishment	Effectiveness	Kindness	Risk Taking
Achievement	Emotional Health	Knowledge	Romance
Adventure	Empathy	Leadership	Safety
Advocacy	Empowerment of others	Learning	Security
Ambition	Encouragement	Legacy	Self-Care
Appreciation	Enthusiasm	Love	Self-Control
Attractiveness	Environment	Loyalty	Self-Empowerment
Autonomy	Ethics	Making a Difference	Self-Expression
Authority	Excellence	Mindfulness	Self-Mastery
Balance	Expressiveness	Motivation	Self-Realization
Being the Best	Fairness	Nature	Selflessness
Beauty	Faith	Openness	Sensuality
Benevolence	Family	Optimism	Service
Boldness	Fitness	Open-Mindedness	Simplicity
Brilliance	Friendships	Orderliness	Spirituality
Calmness	Flexibility	Originality	Stability
Caring	Freedom	Partnership	Status
Challenge	Fulfillment	Passion	Success
Change	Fun	Performance	Teamwork
Charity	Generosity	Personal Development	Thankfulness
Cheerfulness	Grace	Peace	Thoughtfulness
Cleverness	Growth	Perfection	Traditionalism
Community	Flexibility	Personal Growth	Trustworthiness
Commitment	Happiness	Physical Appearance	Truth
Compassion	Health	Playfulness	Understanding
Competence	Holistic	Popularity Power	Uniqueness
Cooperation	Honesty	Preparedness	Usefulness
Collaboration	Living Honesty	Proactivity	Versatility
Connection to others	Humility	Privacy	Vision
Consistency	Humor	Professionalism	Vitality
Contribution	Inclusiveness	Punctuality	Walking the talk
Courage	Independence	Quality	Warmth
Creativity	Individuality	Recognition	Wealth
Credibility	Innovation	Relationships	Well-Being
Curiosity	Inspiration	Reliability	Wisdom
Daring	Integrity	Resilience	Zeal
Decisiveness	Intimacy	Resourcefulness	



Reflection of top 10 values

Value 1
Value 2
Value 3
Value 4
Value 5
Value 6
Value 7
Value 8
Value 9
Value 10



5 Core Values

Core Value 1: _____

Thoughts & Rating (1-10) of your satisfaction in living this value:

Core Value 2: _____

Thoughts & Rating (1-10) of your satisfaction in living this value:

Core Value 3: _____

Thoughts & Rating (1-10) of your satisfaction in living this value:

Core Value 4: _____

Thoughts & Rating (1-10) of your satisfaction in living this value:

Core Value 5: _____

Thoughts & Rating (1-10) of your satisfaction in living this value: