



CORE VALUES WORKSHEET

Values are like lighthouses; they are signals giving us direction, meaning and purpose.

Values Worksheet

Defining your values is a powerful step in living a life of purpose and fulfillment. When we live in alignment with our values, we feel purposeful.

As you gain clarity on the values that are most important for you in life, you can begin to become conscious of what areas you are living in alignment with your values and what areas there is room for improvement. Awareness is the first step to powerful self growth.

Reflect the values list below (or any others that come to mind) and identify your TOP 5 Values. A sure way to define your core values, is to ask yourself if you were to take this out of your life, would you feel complete.

Additionally, knowing what you value most will set you up with a powerful decision-making tool to support you in knowing what to give your time, energy, and resources to.

Adventure

Abundance

Balance

Being present

Being of Service

Commitment

Compassion

Community

Connection

Contribution

Courage

Creativity

Devotion

Discipline

Doing my best

Empathy

Honoring myself

Humor

Integrity

Inspiration

Joy

Kindness

Keeping promises

Living My Best

Love

Loyalty

Openness

Peace

Peace of mind

Perseverance

Presence

Progress

Prosperity

Values List

Empowerment
Excellence
Faith
Family
Freedom
Friendship
Fun
Genuineness
Giving
Grace
Gratitude
Generosity
Growth
Happiness
Harmony

Responsibility
Respect
Self-actualization
Self-expression
Sense of accomplishment
Serenity
Sharing
Sharing my gifts
Strength of heart
Taking care of myself
Trust
Wealth
Willingness



Core Values Definition

Define your Top 5 Core Values and how you choose to infuse each value into your life, work and business offerings.

VALUE

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