

Core Values

"Start where you are"

Use this to guide you, realizing that these will change as you evolve and that you can shift your areas of focus at any time.

Choose and write down every core value that resonates with you from the list provided. Do not overthink your selections. As you read through the list, simply write down the words that feel like a core value to you. If you think of a value, you possess that is not on the list, write it down.

Group all similar values from the list of values you just created. Group them in a way that makes sense to you, personally. Create a maximum of five groupings. If you have more than five groupings, drop those least important.

Step 1. Highlight any word that resonates with you. Do not overthink it.

Abundance	Fairness	Safety
Acceptance	Family	Security
Accountability	Friendships	Service
Achievement	Flexibility	Spirituality
Advancement	Freedom	Stability
Adventure	Fun	Peace
Advocacy	Generosity	Perfection
Ambition	Grace	Playfulness
Appreciation	Growth	Popularity
Attractiveness	Flexibility	Power
Autonomy	Happiness	Preparedness
Balance	Health	Proactivity
Being the Best	Honesty	Professionalism
Benevolence	Humility	Punctuality
Boldness	Humor	Recognition
Brilliance	Inclusiveness	Relationships
Calmness	Independence	Reliability
Caring	Individuality	Resilience
Challenge	Innovation	Resourcefulness
Charity	Inspiration	Responsibility
Cheerfulness	Intelligence	Responsiveness
Cleverness	Intuition	Security
Community	Joy	Self-Control
Commitment	Kindness	Selflessness
Compassion	Knowledge	Simplicity
Cooperation	Leadership	Stability
Collaboration	Learning	Success
Consistency	Love	Teamwork
Contribution	Loyalty	Thankfulness
Creativity	Making a Difference	Thoughtfulness
Credibility	Mindfulness	Traditionalism
Curiosity	Motivation	Trustworthiness
Daring	Optimism	Understanding
Decisiveness	Open-Mindedness	Uniqueness
Dedication	Originality	Usefulness
Dependability	Passion	Versatility
Diversity	Performance	Vision
Empathy	Personal Development	Warmth
Encouragement	Proactive	Wealth
Enthusiasm	Professionalism	Well-Being
Ethics	Quality	Wisdom
Excellence	Recognition	Zeal
Expressiveness	Risk Taking	

Page 2. Group into 5 categories that makes the most sense to you personally.

Abundance
Growth
Wealth
Security
Freedom
Independence
Flexibility
Peace

Appreciation
Encouragement
Thankfulness
Thoughtfulness
Mindfulness

Acceptance
Compassion
Inclusiveness
Intuition
Kindness
Love
Making a Difference
Open-Mindedness
Trustworthiness
Relationships

Cheerfulness
Fun
Happiness
Humor
Inspiration
Joy
Optimism
Playfulness

Balance
Health
Personal Development
Spirituality
Well-being

Page 3. Choose one word that best represents the entire group.

Acceptance

Well-being

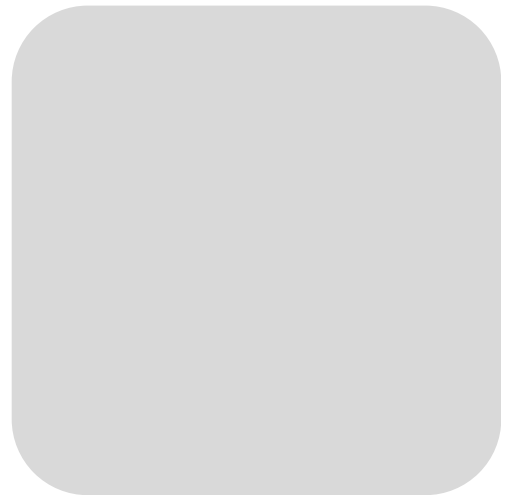
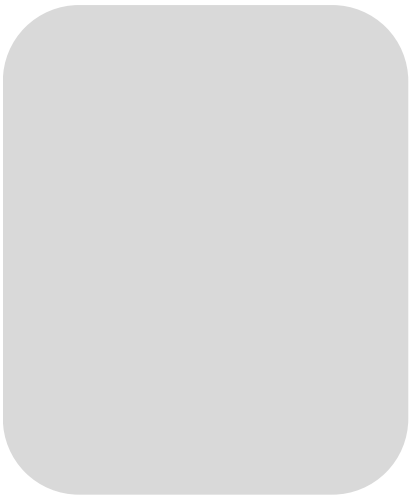
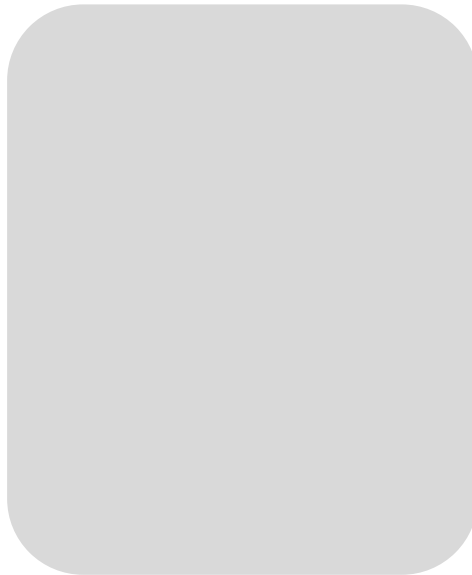
Mindfulness

Abundance

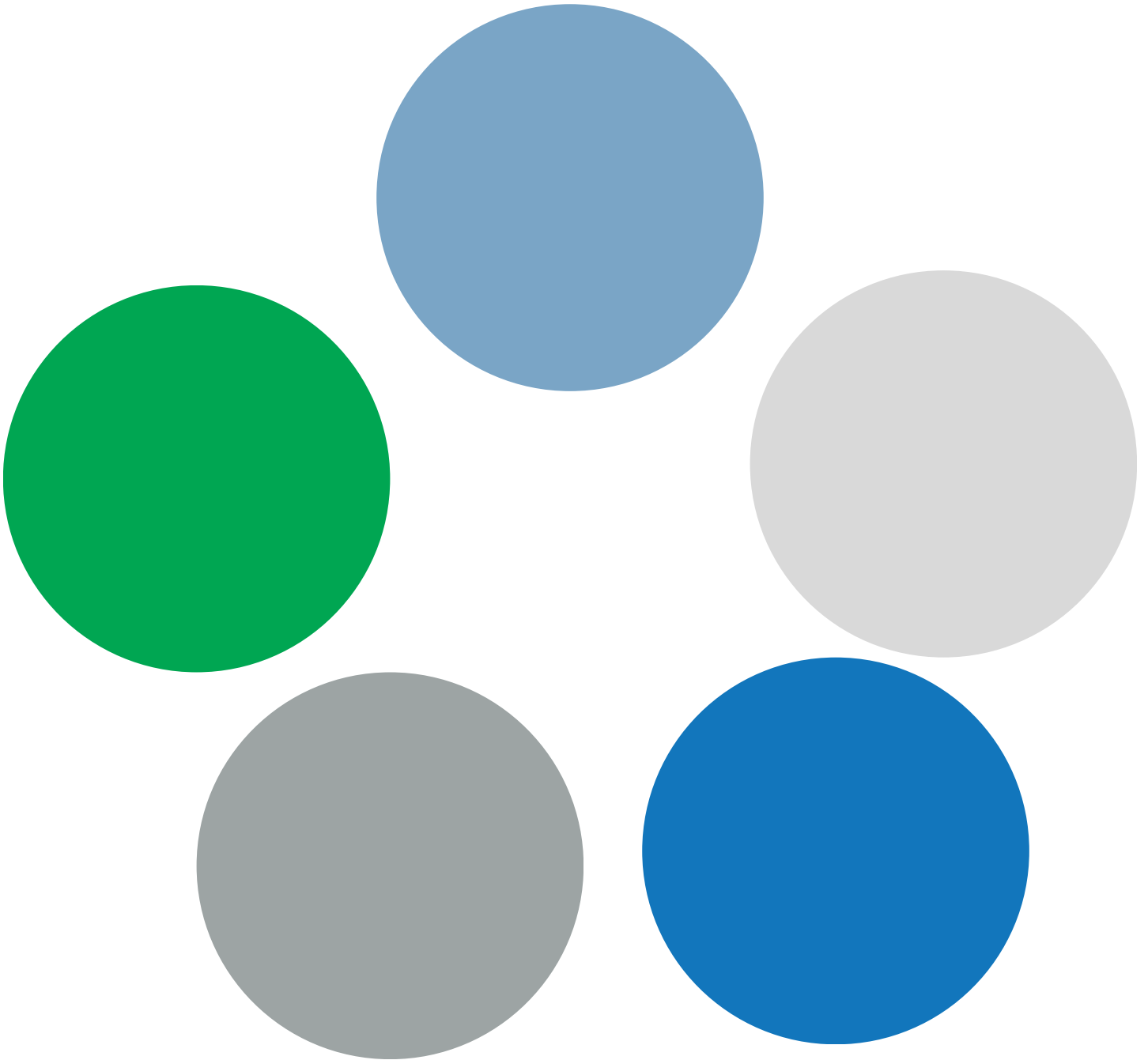
Fun

THESE ARE YOUR CORE VALUES

Your Turn



Your turn



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