

The background features a series of concentric circles in light gray, some solid and some dashed. Scattered throughout are various-sized dots in light gray and one larger yellow dot. A thin vertical line is positioned on the right side of the page.

Core Values Worksheet

Do you know why you make choices? Have you ever felt like you've gone blindly into the future and hoped for the best outcome?

We can often feel disconnected from our lives and unhappy if our actions and experiences don't align with what matters deeply to us.

Taking time to identify your personal Core Values can help you create alignment in your life and give you more direction. These values can also act as a filter for decision-making when tackling a new challenge, navigating a change, seeking more fulfillment from relationships, or just living as resonantly to your life's purpose as possible.

The following activity will help you define your most important values and help you cultivate awareness of how your values are honoured in different areas of your life.

Estimated time: 30-60 minutes

Step 1

Create a list of the most important values in your life

Start by creating a list of the most important things in your life – aim to have no more than 20 values listed at this step. The list on the following pages may help you get started, but feel free to add any other values you don't see captured here. These values should feel deeply resonant for you.

If you're finding it hard to identify which values are most important in your life (maybe you're highlighting everything listed!), consider some of these questions and look for patterns that stick out:

1. What do you need in your relationships?
2. What do you love (or want to love) about your work?
3. Who are the people you admire, and why? What qualities are present?
4. What are your favourite kinds of social activities? What do you love about them?
5. Describe your perfect day.
6. What are the things you will courageously stand up for?
7. Think about your most memorable and cherished experiences. What stands out about these moments in your life?

List of Values

Abundance	Care	Education	Frugality
Acceptance	Change	Efficiency	Fulfillment
Accessibility	Charisma	Elegance	Fun
Accountability	Charity	Emotion	Future generations
Achievement	Coaching	Empathy	Gamble
Activism	Collaboration	Encouragement	Generosity
Adaptability	Commitment	Endurance	Giving back
Advancement	Community	Energy flow	Global awareness
Adventure	Compassion	Enlightenment	Global peace
Aesthetics	Competence	Environment	Goodness
Affection	Competition	Equality	Grace
Altruism	Confidence	Ethics	Gratitude
Ambition	Connection	Excellence	Grit
Amusement	Consent	Excitement	Growth
Animal rights	Contentment	Exhilaration	Happiness
Art	Continuity	Experimentation	Harmony
Assistance	Contribution	Expertise	Health
Attention to detail	Cooperation	Facilitation	Hedonism
Attraction	Courage	Fairness	History
Authenticity	Creativity	Faith	Home
Balance	Curiosity	Family	Honesty
Beauty	Danger	Fashion	Honor
Belonging	Design	Feminism	Hope
Bliss	Dignity	Financial security	Humanity
Building	Discernment	Forgiveness	Humility
Calmness	Diversity	Freedom	Humour
Career	Domination	Friendship	Imagination

Impact	Openness	Relationships	Stewardship
Inclusion	Optimism	Reliability	Storytelling
Independence	Order	Religious	Style
Influence	Originality	Resourcefulness	Success
Ingenuity	Parenting	Respect	Superiority
Initiative	Passion	Responsibility	Taste
Innovation	Patience	Results	Teaching
Inspiration	Patriotism	Risk-taking	Teamwork
Integrity	Peace	Rules	Tenderness
Intelligence	Perfection	Safety	Thrift
Intergenerationality	Perseverance	Security	Tidiness
Intersectionality	Persistence	Self-care	Time
Intuition	Perspective	Self-control	Tolerance
Job security	Persuasion	Self-discipline	Touch
Joy	Physical challenge	Self-expression	Tradition
Justice	Planning	Self-respect	Tranquility
Kindness	Play	Sensations	Travel
Knowledge	Pleasure	Sensuality	Trust
Laughter	Power	Serenity	Truth
Leadership	Precision	Service	Understanding
Learning/Unlearning	Preparedness	Sex	Uniqueness
Legacy	Presence	Simplicity	Usefulness
Leisure	Pride	Skillfulness	Vision
Literature	Professionalism	Social justice	Vulnerability
Love	Quality	Spirituality	Wealth
Loyalty	Quality of Life	Spontaneity	Well-being
Magnificence	Reciprocity	Sports	Wholeheartedness
Music	Recognition	Sportsmanship	Wisdom
Nature	Reconciliation	Stability	Wonder and Awe
Nurturing	Redistribution	Status	Worker's Rights

My Top 20 Values

- | | |
|-----------|-----------|
| 1. _____ | 11. _____ |
| 2. _____ | 12. _____ |
| 3. _____ | 13. _____ |
| 4. _____ | 14. _____ |
| 5. _____ | 15. _____ |
| 6. _____ | 16. _____ |
| 7. _____ | 17. _____ |
| 8. _____ | 18. _____ |
| 9. _____ | 19. _____ |
| 10. _____ | 20. _____ |

Step 2

Clarify your Top 5 Core Values

Spend some time consolidating this list down to your five Core Values. As Patrick Lencioni wrote, “If everything is important, then nothing is.”

Think of these Core Values as the fundamental driving forces in your life that create action and commitment. Identifying your Core Values doesn't mean that the rest of the values on your shortlist aren't important - only that these five are the most important.

There's no rule about deciding which of your top 20 are the most important in your life. You may want to try grouping like-values together (for example, you may group Compassion, Kindness, and Love) and finding a common name for them.

My Core Values

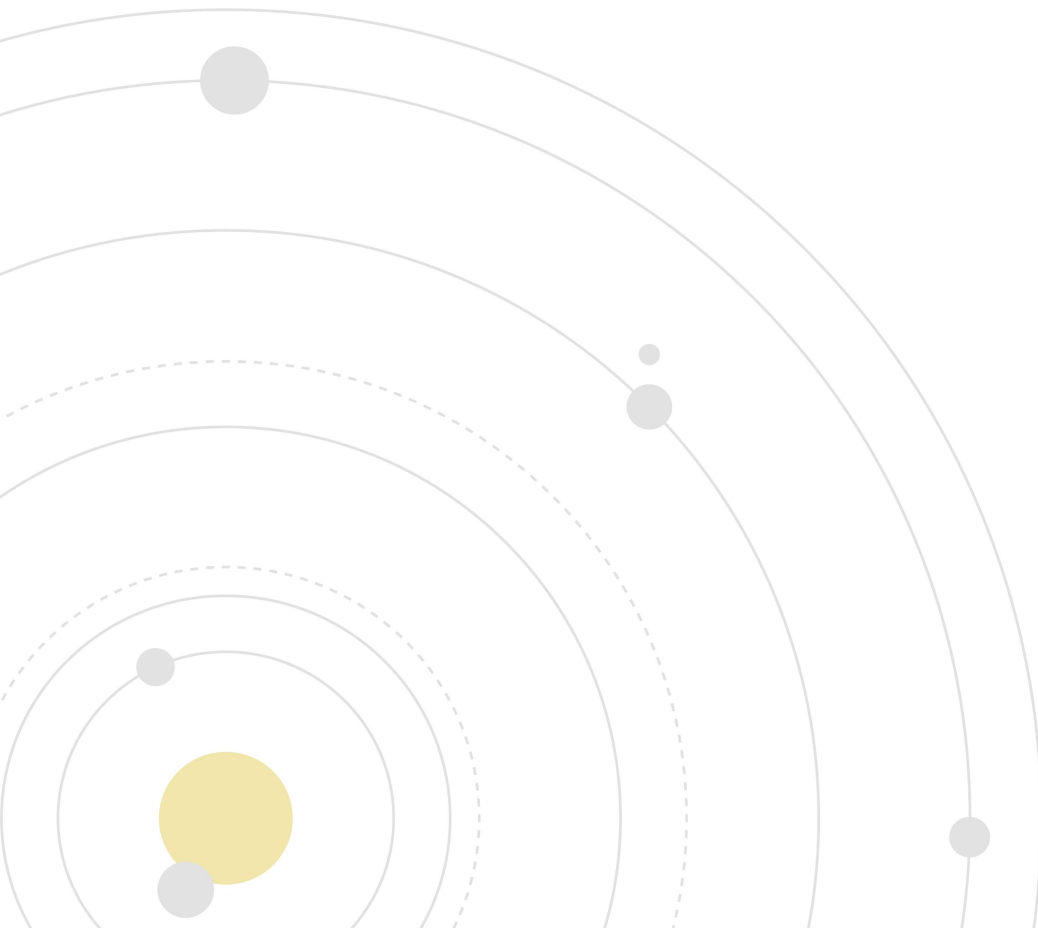
1. _____

2. _____

3. _____

4. _____

5. _____



Step 3

Identify where your Core Values are present

Identifying your Core Values in different areas of your life will give you insight into where you may want to focus your attention.

For example, if you notice that your value of experimentation isn't being honoured in your work, you can take concrete actions to change that. Making a change in your life can feel daunting, so it can be helpful to begin looking at where you're currently successful. Consider what you've done to earn that success and how you can apply those actions in other areas of your life.

Begin by writing down which Core Values are consistently present in each of these different areas of your life. Next, consider how each of your values are being honoured and how they influence your satisfaction in each of these areas.

Where My Values Are Present

Friends + Family _____

Career _____

Romance _____

Money _____

Health _____

Personal Growth _____

Fun + Recreation _____

Spiritual _____

Community _____

Other _____

Step 4

Contemplate where your Core Values are absent

Now you clearly understand where your values are present in your life and their impact. It's time to turn your attention to where you'd like to see your values expressed more. It's unlikely that all of your values will be honoured equally in all areas of your life. You may not even mind if one or two are absent!

Increasing your awareness about the absence of your values in your life can help you filter future decisions as you work towards the life you want to build for yourself. For example, you may have chosen 'Creativity' as one of your Core Values, but notice that it isn't present in your life as much as you'd like. This may indicate that you want to add more time for creativity into your life.

Begin by writing down which of your Core Values are not consistently present in the following areas of your life (feel free to add any other life category not represented). Next, consider how each of those values aren't being honoured and how their absence influences your satisfaction in each of these areas.

During this process, it can be helpful to work with a coach. A good coach will help you clarify your values, identify where you can begin to make meaningful change, and keep you accountable to your goals.

Where My Values Are Absent

Friends + Family _____

Career _____

Romance _____

Money _____

Health _____

Personal Growth _____

Fun + Recreation _____

Spiritual _____

Community _____

Other _____

Step 5

Consider how you might increase the presence of your Core Values in your life

When you feel less fulfilled with a specific aspect of your life, your list of Core Values can help you identify actions that will bring you in greater alignment with your essential self. Use this next section if you are seeking more fulfilment in an area of your life.

Consider which Core Values you'd like to be more present. Next, choose one life area and select 1-2 things you'll do differently over the next 2-3 weeks to increase the presence of your values. Repeat this process and take note of what arises.

This is where working with a coach can be especially helpful. They can help you identify what is most important, help you overcome your blockers, point out blindspots, and keep you on track so that you can see tangible results.

Fun + Recreation

Core values: creativity + balance

1. Time-block 2 hours every week on Friday for water colour painting.

2. Stop watching Netflix on Friday nights right after work.

Here's an example of what this can look like.

Friends + Family

Fun + Recreation

Romance

Money

Health

Spiritual

Career

Community

Personal Growth

Other