

CORE VALUES

MAKE A LIST OF PEOPLE YOU ADMIRE

A large, empty rectangular area with a light gray background, intended for the user to write a list of people they admire. The area is completely blank and occupies most of the page's central space.

CORE VALUES



NAME OF THE PERSON YOU ADMIRE (print multiple copies, one for each person)

WHAT IS IT ABOUT THEM THAT INSPIRES YOU?

WHAT ADMIRABLE QUALITIES DO THEY POSSESS?

WHAT BEHAVIORS AND ACTIONS WOULD YOU LIKE TO EMULATE?

CORE VALUES

THINK OF ONE OF YOUR BEST OR MOST MEANINGFUL EXPERIENCES. WHAT WAS IT?

WHAT HAPPENED?

WHAT VALUES WERE YOU HONORING?

CORE VALUES

THINK OF ONE OF YOUR WORST OR MOST PAINFUL EXPERIENCES. WHAT WAS IT?

WHAT HAPPENED?

WHAT VALUES WERE YOU SUPPRESSING?

CORE VALUES

WHERE HAVING YOU TAKEN A STAND IN YOUR LIFE?

WHY DID YOU FEEL SO STRONGLY?

WHAT WERE YOU WILLING TO RISK?

WHAT DID YOU GAIN OR LOSE?

CORE VALUES

WHERE DO YOU FEEL MOST REAL AND AUTHENTIC?

WHO ARE YOU WITH?

WHAT ACTIVITIES ARE INVOLVED?

WHAT POSITIVE EMOTIONS OR OUTCOMES HAVE YOU HAD WITH THESE EXPERIENCES?

WHAT IS MOST IMPORTANT TO YOU?

WHERE DOES YOUR FULFILLMENT COME FROM?

CORE VALUES

CIRCLE THE VALUES THAT APPEAL TO YOU, ADD ANY ADDITIONAL ONES YOU WANT

- | | | | | |
|----------------|---------------|---------------|------------------|----------------|
| Acceptance | Courage | Genius | Optimism | Smart |
| Accomplishment | Courtesy | Giving | Order | Solitude |
| Accountability | Creation | Goodness | Organization | Spirit |
| Accuracy | Creativity | Grace | Originality | Spirituality |
| Achievement | Credibility | Gratitude | Passion | Spontaneous |
| Adaptability | Curiosity | Greatness | Patience | Stability |
| Alertness | Decisive | Growth | Peace | Status |
| Altruism | Decisiveness | Happiness | Performance | Stewardship |
| Ambition | Dedication | Hard work | Persistence | Strength |
| Amusement | Dependability | Harmony | Playfulness | Structure |
| Assertiveness | Determination | Health | Poise | Success |
| Attentive | Development | Honesty | Potential | Support |
| Awareness | Devotion | Honor | Power | Surprise |
| Balance | Dignity | Hope | Present | Sustainability |
| Beauty | Discipline | Humility | Productivity | Talent |
| Boldness | Discovery | Humor | Professionalism | Teamwork |
| Bravery | Drive | Imagination | Prosperity | Temperance |
| Brilliance | Effectiveness | Improvement | Purpose | Thankful |
| Calm | Efficiency | Independence | Quality | Thorough |
| Candor | Empathy | Individuality | Realistic | Thoughtful |
| Capable | Empower | Innovation | Reason | Timeliness |
| Careful | Endurance | Inquisitive | Recognition | Tolerance |
| Certainty | Energy | Insightful | Recreation | Toughness |
| Challenge | Enjoyment | Inspiring | Reflective | Traditional |
| Charity | Enthusiasm | Integrity | Respect | Tranquility |
| Cleanliness | Equality | Intelligence | Responsibility | Transparency |
| Clear | Ethical | Intensity | Restraint | Trust |
| Clever | Excellence | Intuitive | Results-oriented | Trustworthy |
| Comfort | Experience | Joy | Reverence | Truth |
| Commitment | Exploration | Justice | Rigor | Understanding |
| Common sense | Expressive | Kindness | Risk | Uniqueness |
| Communication | Fairness | Knowledge | Satisfaction | Unity |
| Community | Family | Lawful | Security | Valor |
| Compassion | Famous | Leadership | Self-reliance | Victory |
| Competence | Fearless | Learning | Selfless | Vigor |
| Concentration | Feelings | Liberty | Sensitivity | Vision |
| Confidence | Ferocious | Logic | Serenity | Vitality |
| Connection | Fidelity | Love | Service | Wealth |
| Consciousness | Focus | Loyalty | Sharing | Welcoming |
| Consistency | Foresight | Mastery | Significance | Winning |
| Contentment | Fortitude | Maturity | Silence | Wisdom |
| Contribution | Freedom | Meaning | Simplicity | Wonder |
| Control | Friendship | Moderation | Sincerity | |
| Conviction | Fun | Motivation | Skill | |
| Cooperation | Generosity | Openness | Skillfulness | |

CORE VALUES



CATEGORIZE THE VALUES INTO RELATED GROUPS & IDENTIFY A CENTRAL THEME. CHOOSE TOP AND PRIORITIZE.

GROUP 1:

PRIORITY

GROUP 2:

PRIORITY

GROUP 3:

PRIORITY

GROUP 4:

PRIORITY

GROUP 5:

PRIORITY

CORE VALUES

CATEGORIZE THE VALUES INTO RELATED GROUPS & IDENTIFY A CENTRAL THEME. CHOOSE TOP AND PRIORITIZE.

GROUP 6:

PRIORITY

GROUP

PRIORITY

GROUP

PRIORITY

GROUP

PRIORITY

GROUP

PRIORITY

VALUE: _____

DEFINITION:

ALIGNED ACTIVITIES:

WHAT ELSE CAN I DO TO INCLUDE THIS IN MY LIFE?