

Own Your Power. Make Meaningful Changes. Thrive.

Aligning with Your Core Values

Your core values are the guiding principles and standards of behavior by which you lead your life.

The heart of authenticity is when your thoughts, words, and actions are aligned with your values.

That alignment is what allows you to
Own Your Power, Make Meaningful Changes, and Thrive.

Values Worksheet

- ✓ The values worksheet can take anywhere from 30 minutes to 2 hours to complete. It just depends how much you prefer to reflect.
- ✓ It includes a list of 300+ values. This is not an all-inclusive list, so please feel free to include whatever values feel true for you.
- ✓ Print a copy and begin by entering your top fifteen values on the third page. From this list, transfer your top ten to the next box, which means you'll leave five behind. From your top ten list, transfer your top five to the My Core Values section.
- ✓ After determining your top fifteen, it can be helpful to let it sit for a few minutes before moving on to your top ten, and then again let it sit for a few minutes before moving on to your Five Core Values.
- ✓ *It's tempting to leap right to the Five Core Values*, but I encourage you to begin with fifteen, then ten, then five. It is much more powerful when you have to decide what to leave behind to get to what is "core" for you.

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VALUES

Abundance	Commitment	Energy
Acceptance	Compassion	Enjoyment
Accessibility	Competence	Enthusiasm
Accomplishment	Competition	Equality
Accuracy	Composure	Excellence
Achievement	Confidence	Experience
Activeness	Conformity	Exploration
Adaptability	Connection	Fairness
Adventure	Consistency	Faith
Aesthetics	Contentment	Fame
Affection	Continuity	Family
Affluence	Contribution	Fashion
Aggressiveness	Control	Fearlessness
Altruism	Conviction	Fidelity
Ambition	Coolness	Financial Independence
Appreciation	Cooperation	Fitness
Approachability	Cordiality	Flexibility
Assertiveness	Courage	Focus
Attentiveness	Courtesy	Fortitude
Attractiveness	Creativity	Freedom
Audacity	Credibility	Friendliness
Authority	Curiosity	Friendship
Availability	Daring	Frugality
Awareness	Decisiveness	Fun
Awe	Decorum	Generosity
Balance	Dependability	Giving
Beauty	Depth	Grace
Belonging	Determination	Gratitude
Benevolence	Devotion	Growth
Boldness	Dignity	Happiness
Bravery	Diligence	Harmony
Brevity	Directness	Health
Brilliance	Diplomacy	Helpfulness
Calmness	Discipline	Heroism
Candor	Discretion	Holiness
Capability	Dominance	Honesty
Caring	Drive	Honor
Certainty	Duty	Hopefulness
Challenge	Dynamism	Hospitality
Charm	Eagerness	Humility
Cheerfulness	Education	Humor
Clarity	Effectiveness	Imagination
Cleanliness	Efficiency	Impartiality
Cleverness	Elegance	Independence
Closeness	Empathy	Ingenuity
Comfort	Endurance	Inquisitiveness

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Insightfulness	Optimism	Satisfaction
Inspiration	Order	Security
Integrity	Organization	Self-control
Intellect	Originality	Self-expression
Intelligence	Outcomes	Selflessness
Intensity	Outrageousness	Self-reliance
Intimacy	Participation	Self-respect
Introversion	Passion	Self-sufficiency
Intuition	Peace	Sensitivity
Intuitiveness	Perceptiveness	Sensuality
Inventiveness	Perfection	Serenity
Joy	Perkiness	Service
Judiciousness	Politeness	Sexuality
Justice	Popularity	Sharing
Kindness	Positivity	Shrewdness
Knowledge	Power	Significance
Laughter	Practicality	Silence
Leadership	Pragmatism	Silliness
Learning	Precision	Simplicity
Liberty	Preparedness	Sincerity
Liveliness	Presence	Skillfulness
Logic	Privacy	Solidarity
Love	Proactivity	Solitude
Loving Kindness	Professionalism	Soulfulness
Loyalty	Prudence	Spirituality
Luxury	Punctuality	Speed
Making a Difference	Purity	Spontaneity
Mastery	Purpose	Spunk
Maturity	Quiet	Stability
Meaning	Quaintness	Steadfastness
Mellowness	Realism	Strength
Mercy	Reason	Structure
Meticulousness	Reasonableness	Success
Mindfulness	Recognition	Support
Modesty	Reflection	Synergy
Morality	Relaxation	Tact
Motivation	Reliability	Teamwork
Mutuality	Religion	Temperance
Mysteriousness	Resilience	Tenacity
Nature	Resourcefulness	Thankfulness
Neatness	Respect	Thoroughness
Nerve	Restraint	Thoughtfulness
Nobleness	Reverence	Thriftiness
Nurturing	Rigor	Tidiness
Obedience	Risk-taking	Timeliness
Open Communication	Ritual	Tradition
Open Mindedness	Romance	Tranquility
Opportunity	Sacrifice	Transcendence

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Trust
Trustworthiness
Truth
Understanding
Unflappability
Uniqueness
Unity
Usefulness
Valor
Variety
Vigor
Virtue
Vision
Vitality
Vivaciousness
Vulnerability
Warmth
Wealth
Willingness
Winning
Wisdom
Wittiness
Wonder
Youthfulness
Zeal
Zest

My Top 15 Values

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

My Top 10 Values

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

MY CORE VALUES

1. _____
2. _____
3. _____
4. _____
5. _____

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For each of your core values, answer the following questions:

1. What is your definition of this value?
2. What does it look and feel like when you are living this value?
3. How are you living in alignment with this value?
4. How are you living out of alignment with this value?
5. What actions will you take to adjust what is out of alignment?