



Find Your Core Values

What values represent your primary way of being?

Below you will find a list of words that may be seen as a value. Circle the ones that pop out for you. There may be 5-10-20 words that may represent your value.

Accountability	Courage	Harmony	Passion
Adaptability	Creativity	Health	Patience
Altruism	Decisiveness	Honesty	Persistence
Assertiveness	Dependability	Honor	Playfulness
Awareness	Discipline	Hope	Purpose
Balance	Drive	Humility	Realistic
Boldness	Efficiency	Humor	Respect
Calm	Empathy	Individuality	Responsibility
Candor	Enthusiasm	Inspiring	Security
Charity	Equality	Intelligence	Self-reliance
Common sense	Fairness	Justice	Selfless
Compassion	Fidelity	Kindness	Service
Confidence	Freedom	Logic	Tolerance
Connection	Fun	Love	Transparency
Consistency	Generosity	Loyalty	Trustworthy
Conviction	Gratitude	Openness	Understanding
Cooperation	Happiness	Optimism	Unity

Choose the values that resonate with you the most. Feel free to add more!



Come up with your top 6. Now compare them with each other. Say if you picked honesty and courage. If you could only choose one, what would you choose honesty or courage? Pick one. Go across all the words you chose until you settle with the final three.

Choose your top 2-4 values

How can you be more congruent with your values and the way you show up in the world?