



CORE VALUES

*As you read through the list, circle all the values that stand out to you.
Try not to overthink; rather, let this be a heart-driven exercise.*

Accountability	Friendship	Peace
Achievement	Fun	Perseverance
Adaptability	Future generations	Personal fulfillment
Adventure	Generosity	Power
Altruism	Giving back	Pride
Ambition	Grace	Recognition
Authenticity	Gratitude	Reliability
Balance	Growth	Resourcefulness
Beauty	Harmony	Respect
Being the best	Health	Responsibility
Belonging	Home	Risk-taking
Career	Honesty	Safety
Caring	Hope	Security
Collaboration	Humility	Self-discipline
Commitment	Humor	Self-expression
Community	Inclusion	Self-respect
Compassion	Independence	Serenity
Competence	Initiative	Service
Confidence	Integrity	Simplicity
Connection	Intuition	Spirituality
Contentment	Job security	Sportsmanship
Contribution	Joy	Stewardship
Cooperation	Justice	Success
Courage	Kindness	Teamwork
Creativity	Knowledge	Thrift
Curiosity	Leadership	Time
Dignity	Learning	Tradition
Diversity	Legacy	Travel
Environment	Leisure	Trust
Efficiency	Love	Truth
Equality	Loyalty	Understanding
Ethics	Making a difference	Uniqueness
Excellence	Nature	Usefulness
Fairness	Openness	Vision
Faith	Optimism	Vulnerability
Family	Order	Wealth
Financial stability	Parenting	Well-being
Forgiveness	Patience	Wholeheartedness
Freedom	Patriotism	Wisdom



CORE VALUES

As you whittle down your larger list to your top 5 values, use the space below to write each value down, and include a short definition of each.

#1: _____

#2: _____

#3: _____

#4: _____

#5: _____

