

## **Core Values Assessment**

### **Determine Your Core Values**

From the list below, circle and write down every core value that resonates with you. Do not overthink your selection. As you read through the list, simply write down the words that feel like a core value to you personally. If you think of a value you possess that is not on the list write it down.

### **Values List**

<b>Accomplishment</b>	<b>Compassion</b>	<b>Comfort</b>
<b>Achievement</b>	<b>Commitment</b>	<b>Cheerfulness</b>
<b>Authority</b>	<b>Competence</b>	<b>Capability</b>
<b>Adaptability</b>	<b>Competition</b>	<b>Charm</b>
<b>Accountability</b>	<b>Contentment</b>	<b>Decisiveness</b>
<b>Accuracy</b>	<b>Control</b>	<b>Drive</b>
<b>Acknowledgement</b>	<b>Clarity</b>	<b>Discipline</b>
<b>Acceptance</b>	<b>Connection</b>	<b>Determination</b>
<b>Adventure</b>	<b>Courage</b>	<b>Diversity</b>
<b>Affection</b>	<b>Curiosity</b>	<b>Efficiency</b>
<b>Ambition</b>	<b>Correctness</b>	<b>Energy</b>
<b>Approachability</b>	<b>Conviction</b>	<b>Expressiveness</b>
<b>Authenticity</b>	<b>Cooperation</b>	<b>Enjoyment</b>
<b>Boldness</b>	<b>Confidence</b>	<b>Empowerment</b>

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<b>Balance</b>	<b>Cleanliness</b>	<b>Equality</b>
<b>Bravery</b>	<b>Challenge</b>	<b>Enthusiasm</b>
<b>Beauty</b>	<b>Calmness</b>	<b>Ethical</b>
<b>Being The Best</b>	<b>Community</b>	<b>Emotional Health</b>
<b>Creativity</b>	<b>Candor</b>	<b>Exploration</b>
<b>Contribution</b>	<b>Charity</b>	<b>Expertise</b>
<b>Educated</b>	<b>Happiness</b>	<b>Nature</b>
<b>Fun</b>	<b>Independence</b>	<b>Nonconformity</b>
<b>Friendship</b>	<b>Individuality</b>	<b>Neatness</b>
<b>Fulfillment</b>	<b>Influence</b>	<b>Organization</b>
<b>Freedom</b>	<b>Intuitiveness</b>	<b>Optimism</b>
<b>Fearless</b>	<b>Intelligence</b>	<b>Openness</b>
<b>Fame</b>	<b>Integrity</b>	<b>Order</b>
<b>Family</b>	<b>Imagination</b>	<b>Personal Appearance</b>
<b>Faith</b>	<b>Insightfulness</b>	<b>Professionalism</b>
<b>Flexibility</b>	<b>Intimacy</b>	<b>Power</b>
<b>Generosity</b>	<b>Justice</b>	<b>Pleasure</b>
<b>Gratitude</b>	<b>Joy</b>	<b>Privacy</b>
<b>Growth</b>	<b>Kindness</b>	<b>Pride</b>
<b>Humility</b>	<b>Knowledge</b>	<b>Peace of Mind</b>

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Honesty	Love	Perseverance
Humor	Loyalty	Passion
Helpfulness	Leadership	Patience
Harmony	Learning	Playfulness
Hopefulness	Luxury	Perfection
Heroism	Logic	Productivity
Health	Modesty	Philanthropy
Hard work	Meaning	Quality
Respect	Simplicity	Spontaneity
Recognition	Sophistication	Sincerity
Responsible	Trust	Stability
Reliability	Truth	Sensitivity
Reasonable	Tradition	Structure
Restraint	Talent	Sexiness
Relaxation	Thoughtfulness	Wisdom
Risk-taking	Teamwork	Warmth
Romance	Thoroughness	Wealth
Security	Understanding	Willingness
Self-care	Uniqueness	_____
Service	Unity	_____

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<b>Spirituality</b>	<b>Usefulness</b>	_____
<b>Self-reliance</b>	<b>Versatility</b>	_____
<b>Strength</b>	<b>Variety</b>	_____
<b>Success</b>	<b>Vibrancy</b>	_____

**Group All Similar Values Together From The List Of Values You Just Circled-** Group them in a way that makes sense to you, personally. Values that embody similar context. Create a maximum of five groupings. If you have more than five groupings, drop the least important grouping(s)

**Choose One Word Within Each Group That Represents The “Best” Label For The Entire Group.** Again, do not overthink your labels – there are no right or wrong answers. You are defining the answer that resonates most for you.

**Lastly, Keep Your Core Values Accessible.** Write your core values in order of priority in your planner, phone, or near any working environment so they are available as an easy reference. Check in with them regularly to see if you are honoring and living in alignment with them. They are great to reference when making decisions or clues as to how you can more effectively prioritize and manage your time. They are particularly helpful when you want to create more buy-in with those more challenging or mundane projects/tasks. When we remind ourselves of those values we know light us up, we can use them to fuel our motivation to attend to those things that are important to us.

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## **Consider**

- Of your top values, how many would you say you are aligning with fully, somewhat, not at all?
- Which of the five values needs your attention right now?
- Why are these value calling you?
- What is one change you can make in your life to live in greater alignment with your values?