

Rediscover Your Core Values Worksheet



Building a sustainable foundation starts with identifying what is most important to you – your core values. It is the groundwork that supports a meaningful and authentic life. Complete the following worksheet to rediscover your top values.

Step 1: Read through the words and phrases below.

Step 2: Cross out the ones that aren't relevant to you.

Step 3: Re-read the list and circle those that really resonate. Add words if needed.

Step 4: Prioritize the circled items and select the 5 that rise to the top.

As you think about the values selected, how do they impact the decisions and actions you take every day? Is there something that you can change to be more in alignment?

Integrity	Perseverance	Empowerment	Health
Honesty	Courage	Equality	Faith
Responsibility	Generosity	Teamwork	Resilience
Respect	Accountability	Cooperation	Resourcefulness
Empathy	Patience	Adventure	Self-discipline
Compassion	Tolerance	Freedom	Self-care
Kindness	Flexibility	Balance	Self-improvement
Gratitude	Optimism	Harmony	Altruism
Humility	Curiosity	Simplicity	Appreciation
Authenticity	Wisdom	Innovation	Environmentalism
Transparency	Creativity	Authenticity	Positivity
Trust	Independence	Gratitude	Mindfulness
Loyalty	Ambition	Justice	Adventure
Fairness	Determination	Reliability	Family
Open-mindedness	Discipline	Sincerity	Fun

My Core Values

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