Identifying your core values

Instructions for use

On the next page, you'll find a list of common core values to help you discover your own. If something is missing from the list, feel free to add it.

1. **Highlight** the **10–15 values** that resonate most with you.

2. From this marked list, **narrow down your selection to your 5–7 most important values.**

   These are the ones that feel essential to your identity and well-being. Ask yourself the following questions:

   - *If I had to live without one of these values, which would I let go of first?*

   - *Which values feel non-negotiable in my life?*

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List of core values

Abundance	Diligence	Independence	Recognition
Acceptance	Discipline	Influence	Relationships
Accountability	Diversity	Innovation	Resilience
Achievement	Empathy	Inspiration	Resourcefulness
Adventure	Encouragement	Integrity	Respect
Ambition	Equality	Interdependence	Responsibility
Appreciation	Equity	Joy	Generations
Assertiveness	Excellence	Justice	Reverence
Authenticity	Faith	Justice for All	Risk-Taking
Awareness	Family	Kindness	Safety
Balance	Financial security	Knowledge	Security
Beauty	Fitness	Leadership	Self-Awareness
Belonging	Flexibility	Learning	Self-Expression
Bravery	Forgiveness	Love	Self-Reliance
Calm	Forgiveness	Loyalty	Serenity
Caring	Fortitude	Mindfulness	Service
Charity	Freedom	Moderation	Simplicity
Clarity	Fulfillment	Motivation	Solidarity
Collaboration	Fun	Nurturing	Spirituality
Commitment	Generational impact	Open-Mindedness	Stability
Community	Generosity	Optimism	Success
Compassion	Gratitude	Orderliness	Sustainability
Connection	Growth	Passion	Teamwork
Consistency	Happiness	Patience	Tradition
Contentment	Harmony	Peace	Transparency
Contribution	Health	Perseverance	Trust
Cooperation	Honesty	Personal Development	Uniqueness
Courage	Honor	Playfulness	Unity
Creativity	Hope	Positivity	Vision
Curiosity	Humility	Power	Wealth
Dependability	Humor	Preparedness	Wisdom
Determination	Inclusion	Purpose	

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Your core values

Core value 1: _____

Core value 2: _____

Core value 3: _____

Core value 4: _____

Core value 5: _____

Core value 6: _____

Core value 7: _____

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