

Core Values Worksheet

Below is a comprehensive list of core values. Review the values and highlight or circle the ones that resonate with you. Use this worksheet as a tool for reflection, personal growth, or goal setting.

Accountability	Connection	Freedom	Integrity	Loyalty	Service
Achievement	Creativity	Friendship	Innovation	Optimism	Simplicity
Adventure	Curiosity	Generosity	Inspiration	Passion	Spirituality
Authenticity	Dependability	Growth	Joy	Patience	Stability
Balance	Determination	Happiness	Justice	Perseverance	Success
Beauty	Empathy	Harmony	Kindness	Positivity	Teamwork
Boldness	Excellence	Health	Knowledge	Respect	Trust
Compassion	Fairness	Honesty	Leadership	Responsibility	Understanding
Community	Faith	Humility	Learning	Security	Vision
Confidence	Family	Humor	Love	Self-discipline	Wisdom
Courage	Flexibility	Forgiveness	Gratitude	Resilience	Collaboration
Discipline	Purpose	Reliability	Support	Transparency	Diversity
Equality	Tolerance	Resourcefulness	Empowerment	Adaptability	Inclusivity
Acceptance	Adventure	Assertiveness	Authenticity	Benevolence	Bravery
Calmness	Charity	Clarity	Commitment	Compassion	Consistency
Cooperation	Decisiveness	Dependability	Diligence	Discipline	Empathy
Enthusiasm	Ethics	Fairness	Flexibility	Forgiveness	Generosity
Gratitude	Harmony	Honesty	Humility	Inclusivity	Ingenuity
Inspiration	Integrity	Joy	Justice	Kindness	Learning
Loyalty	Open-mindedness	Patience	Positivity	Practicality	Prudence
Resilience	Respect	Responsibility	Security	Self-awareness	Service
Sincerity	Spirituality	Strength	Supportiveness	Teamwork	Tenacity
Transparency	Trustworthiness	Understanding	Unity	Vitality	Well-being

Instructions:

1. Review the list of values. Take your time to reflect on what each means to you. Feel free to add to this list.
2. Highlight or circle the values that resonate most. If you have values that are similar in nature, group them together. Group similar words together in a way that resonates with you. If you have more than eight groups, then delete the least important. Here are some examples of similar words. Words like Adventure, Play,

Fun, Excitement, and Pleasure are based on shared themes, so choose the word that most encompasses this feeling for you.

3. Narrow your list to your top 5-8 core values that best represent who you are or aspire to be.
4. Use your core values to guide decisions, set goals, and align your actions with your principles.

Use this space to imagine and refine your final list:

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