

Identifying Your Core Values

Aligning your actions, choices, and beliefs with what truly matters to you is crucial for your well-being. This worksheet is meant to help you identify your core values so you can identify where you're living authentically and where there might be opportunities for improvement. To give more attention to your core values, be mindful of how you feel when making choices, working, socializing, or spending money.

Select the 10 items from the list of core values below that are priorities for you. Number them from 1-10, with one being the most important.

- | | | |
|---------------|-----------------|-----------------|
| ★ Safety | ★ Freedom | ★ Success |
| ★ Wealth | ★ Independence | ★ Friends |
| ★ Honesty | ★ Relationships | ★ Beauty |
| ★ Loyalty | ★ Communication | ★ Respect |
| ★ Work | ★ Creativity | ★ Peace of mind |
| ★ Humor | ★ Justice | ★ Stability |
| ★ Learning | ★ Adventure | ★ Nature |
| ★ Achievement | ★ Recognition | ★ Health |
| ★ Leisure | ★ Validation | ★ Popularity |
| ★ Family | ★ Gratitude | ★ Duty |
| ★ Morals | ★ Spirituality | ★ Power |