

# Core Values

Name: \_\_\_\_\_

Circle the 10 words from the list below that best represent your core values.

Accomplishment	Achievement	Adventure	Altruism	Autonomy
Beauty	Clarity	Commitment	Communication	Community
Creativity	Environment	Equality	Excellence	Fairness
Family	Flexibility	Freedom	Friendship	Fulfillment
Fun	Honesty	Humor	Impact	Integrity
Intelligence	Intimacy	Joy	Leadership	Learning
Loyalty	Nature	Openness	Peace	Personal Growth
Partnership	Physical Looks	Power	Privacy	Professionalism
Recognition	Relationships	Respect	Romance	Security
Self-Expression	Service	Spirituality	Trust	Truth

# Top 10 Values

- 1 - Write the name of your top 10 values below
- 2 - Rate each value on the level of importance in your life

1 = no importance 10 = non-negotiable in my life



# My Top 4 Values

- 1 - Narrow your list of 10 values to 4 based on importance
- 2 - Write the name of your top 4 values in the gray box
- 3 - Define what that value means to you in the space below

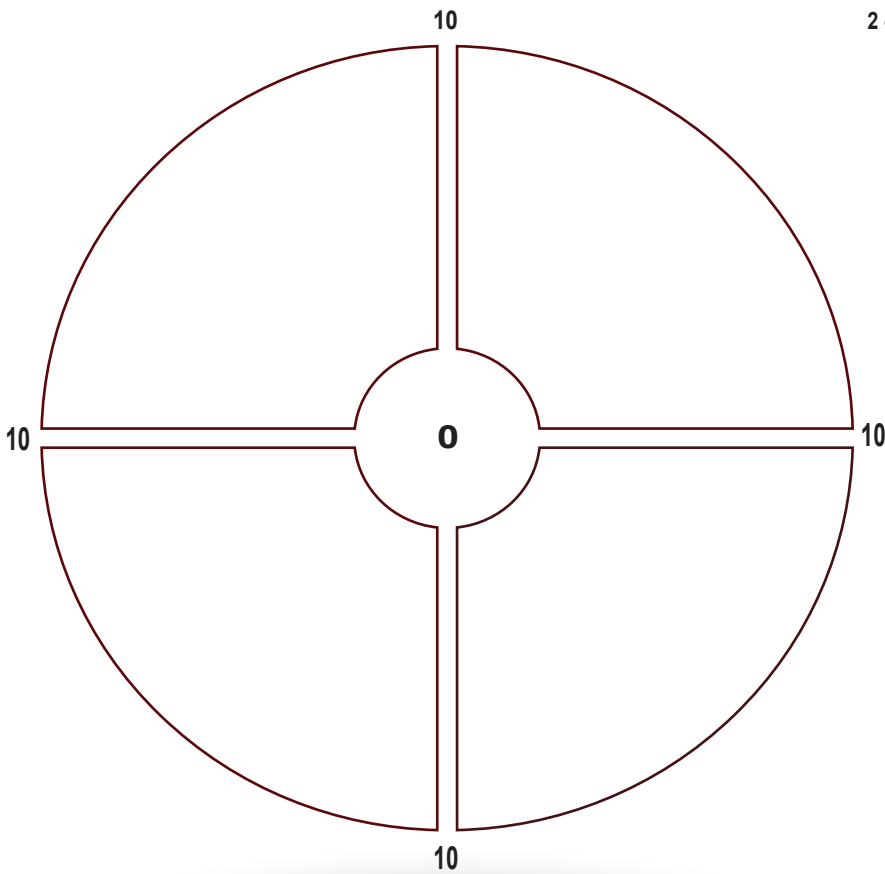
1	2	3	4

## Core Values Wheel

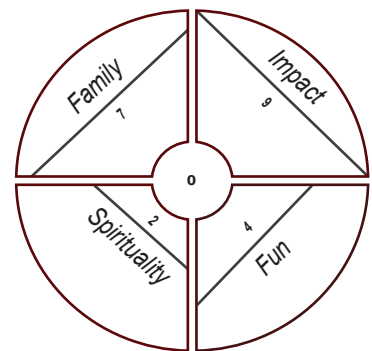
1 - Write each of your top values in one section of the Values Wheel.

2 - For each value, rate how well you are currently living that core value by drawing a straight line between 1-10 in each section.

- If you are fully living that value to its limit, it will be a 10.
- If you are only living that value some of the time, it might be a 5.
- If your life is totally out of alignment with respect to that value, it will likely be less than 5.



Example:



# CORE VALUES INSIGHTS

Name: \_\_\_\_\_

What did you learn about yourself from completing the core values exercise?

What insights can you derive from your Core Values Wheel?

How does your career align and/or not align to your core values?

What might you start to do differently as a result of this experience?

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