

Core Values Worksheet

Think about a time when you were at your best. A time when you felt most alive and engaged. What were you doing? Who were you with? What made you feel this way? Reflect on the details and write them down below. The goal is to put yourself back in that moment and explore what you did, how it felt, and the impact it had.

Thinking about that moment above, use the **Core Values List** (pdf download) and circle up to 12 values that best describe you. Write those values in the space provided.

From the list above, identify the 5 values that are most precious to you. These should be the values that describe you best at your core. Write those values below, in order of importance, and add a verb to each to show how you personally live that value. Example: if *happiness* is your value perhaps you "*spread happiness*".

1. _____
2. _____
3. _____
4. _____
5. _____