



# CORE VALUES WORKSHEET

1. Go through the words below and circle those that resonate with you on a deeper level. It's ok to have quite a few on the first pass. We will narrow them down in the next step below.

Accomplishment	Effectiveness	Intelligence	Responsiveness
Accountability	Efficiency	Justice	Results-oriented
Accuracy	Emotional	Kindness	Safety
Adventure	intelligence	Knowledge	Satisfying others
Authenticity	Empathy	Leadership	Security
Beauty	Enjoyment	Learning	Selflessness
Calmness	Equality	Love	Self-awareness
Caring	Excellence	Loyalty	Self-reliant
Challenge	Fairness	Meaning	Sensitivity
Change	Faith	Merit	Serenity
Charity	Family	Money	Service
Cleanliness, orderliness	Freedom	Oneness	Simplicity
Collaboration	Friendship	Openness	Solution-focused
Commitment	Generosity	Optimism	Speed
Communication	Gentleness	Patriotism	Spirituality
Community	Goodwill	Peace	Stability
Competence	Gratitude	Perfection	Status
Competition	Hard work	Personal Growth	Strength
Concern for others	Happiness	Perseverance	Success
Connection	Harmony	Pleasure	Teamwork
Cooperation	Health	Power/authority	Timeliness
Coordination	Honor	Practicality	Tolerance
Creativity	Hope	Preservation	Tradition
Decisiveness	Human-centered	Privacy	Tranquility
Determination	Impact	Progress	Trust
Democracy	Improvement	Prosperity	Truth
Discipline	Inclusiveness	Punctuality	Unity
Discovery	Independence	Regularity	Variety
Diversity	Individuality	Reliability	Wealth
Dynamism	Inner peace	Resourcefulness	Well-being
Education	Innovation	Respect	Wisdom
	Integrity		

2. Let's take the words you circled and group the words with similar connotations or themes into the different boxes below. (ie. Calmness, Inner Peace, Peace, Serenity, Tranquility) Once you have grouped them together, choose one word from each box and write it in the smaller box to give you a total of 4-5 overall core values.
