

What are your core values?

Directions: On the next page is a sampling of 100 common core values—if you have others that you prioritize, add them in the empty spaces in the chart. Rate each of the core values in the chart using the following 1-5-10 scale:

1

One

- This isn't that important to me. I could not give you examples where I've truly prioritized this value in my everyday life.

5

Five

- This is somewhat important to me. I have some examples where I've tried to hold true to this value, and I have some examples of times when I didn't make it a priority.

10

Ten

- This is of the utmost importance to me. I make every effort to prioritize this value in my thinking, my decisions, and my actions, and I can share numerous examples of how I live this value.



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Accountability	1 5 10	Expertise	1 5 10	Passion	1 5 10
Accuracy	1 5 10	Fairness	1 5 10	Peace	1 5 10
Achievement	1 5 10	Faith	1 5 10	Perfection	1 5 10
Authenticity	1 5 10	Family	1 5 10	Positivity	1 5 10
Autonomy	1 5 10	Fidelity	1 5 10	Practicality	1 5 10
Balance	1 5 10	Fitness	1 5 10	Professionalism	1 5 10
Belonging	1 5 10	Focus	1 5 10	Purpose	1 5 10
Challenge	1 5 10	Freedom	1 5 10	Relationship	1 5 10
Cheerfulness	1 5 10	Fun	1 5 10	Security	1 5 10
Commitment	1 5 10	Giving	1 5 10	Self-actualization	1 5 10
Community	1 5 10	Goal-oriented	1 5 10	Self-control	1 5 10
Compassion	1 5 10	Goodness	1 5 10	Selflessness	1 5 10
Competition	1 5 10	Grace	1 5 10	Self-reliance	1 5 10
Consistency	1 5 10	Growth	1 5 10	Service	1 5 10
Contribution	1 5 10	Happiness	1 5 10	Significance	1 5 10
Control	1 5 10	Hard work	1 5 10	Simplicity	1 5 10
Cooperation	1 5 10	Harmony	1 5 10	Strategy	1 5 10
Creativity	1 5 10	Health	1 5 10	Strength	1 5 10
Curiosity	1 5 10	Honesty	1 5 10	Structure	1 5 10
Decisiveness	1 5 10	Honor	1 5 10	Success	1 5 10
Democracy	1 5 10	Humility	1 5 10	Support	1 5 10
Dependability	1 5 10	Impact	1 5 10	Teamwork	1 5 10
Devoutness	1 5 10	Improvement	1 5 10	Thoughtfulness	1 5 10
Discipline	1 5 10	Independence	1 5 10	Tolerance	1 5 10
Diversity	1 5 10	Inspiration	1 5 10	Tradition	1 5 10
Economy	1 5 10	Intelligence	1 5 10	Trustworthiness	1 5 10
Effectiveness	1 5 10	Joy	1 5 10	Understanding	1 5 10
Efficiency	1 5 10	Justice	1 5 10	Uniqueness	1 5 10
Empathy	1 5 10	Kindness	1 5 10	Unity	1 5 10
Enjoyment	1 5 10	Leadership	1 5 10	Virtue	1 5 10
Enthusiasm	1 5 10	Legacy	1 5 10		1 5 10
Equality	1 5 10	Love	1 5 10		1 5 10
Equity	1 5 10	Loyalty	1 5 10		1 5 10
Excellence	1 5 10	Mastery	1 5 10		1 5 10
Excitement	1 5 10	Order	1 5 10		1 5 10

What are your core values?

Now go back and review the scores that you assigned to these core values. Of the ones you marked “10,” which five of them would you deem most important, most valuable, and most substantial in your life?

Top-5 core values	Why did you select this core value? What is it about this core value that is so important to you? Record your thinking here:
1.	
2.	
3.	
4.	
5.	

Reflect & Discuss: How did your preference for each of those five develop? When in your history did each one form as an important driver in your life? How were they reinforced or ingrained as elements of your core?

What are your core values?

To what extent do you live and breathe these core values? How do they exist in your day-to-day life?

Top-5 core values	Write down an example of how you reinforce and demonstrate the importance of each of these five:
1.	
2.	
3.	
4.	
5.	

Reflect & Discuss: To what extent are you living your core values every day? What steps will you take to ensure that your actions, behaviors, and decisions accurately reflect your core values?