

Core Values Worksheet

Understanding and identifying your core values is a crucial step in aligning your life with what truly matters to you.

Values are the guiding principles that shape your decisions, actions, and priorities. By clarifying and living aligned with what matters most to you, you can lead a more fulfilling and purposeful life.

Use this worksheet as a guide to help you explore and define your core values.

Go to the next page to get started.

1. Reflect on what matters most to you

Identify 5 things in your life that you can't imagine living without:

- _____
- _____
- _____
- _____
- _____

Name 2-3 hobbies or activities that make you feel alive and energized:

- _____
- _____
- _____

Write 2-3 positive memories that stick with you:

- _____
- _____
- _____

Identify 2-3 big goals you hope to accomplish in the future:

- _____
- _____
- _____

Name 2-3 causes or issues that you feel passionate about:

- _____
- _____
- _____

Name 2-3 traits or characteristics you admire in others:

- _____
- _____
- _____

2. Brainstorm all your values

Now take a minute and write down any values that come to mind that you find important. Don't put any filter on. Just ask yourself, "What really matters to me?" and record whatever pops up in your head.

3. Create a list of your core values

Now we're going to choose 7-10 core values. This is what really matters to you at the end of the day.

Use your answers above as a guide. You will likely find multiple answers that you can group into one core value ("Family," "Health," or "Peace"). Try to focus on listing values as *concepts* rather than specific people, places, or objects.

When getting to the essence of values, keep asking yourself "Why?" For example, if you have "Cars" or "Video Games" listed, ask yourself why you care about them so much – perhaps it's because of "Fun," "Exploration," or "Adventure."

What matters most to you?

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

4. Score your core values on a scale of 1-10

Go through each value listed in the previous step. How would you score the importance of that value on a scale of 1-10? Write your score next to each value.

(one=lowest, ten=highest)

5. Rank your core values

If you had to choose, how would you rank these values?

I. _____

II. _____

III. _____

IV. _____

V. _____

VI. _____

VII. _____

VIII. _____

IX. _____

X. _____

5. Choose 3 values that you need to work on living up to better

- _____
- _____
- _____

6. Choose one value from the list above

7. Identify 3 activities you could do to better live up to this value

- _____
- _____
- _____

8. Choose one activity and do it

Once you understand your core values, it's important you act on them.

An ounce of practice is worth more than a ton of preaching. If your daily habits and activities don't reflect these values, you'll always feel that you aren't living harmoniously or purposefully.

Try your best to integrate new activities into your daily routine that better reflect these values, even if it's super small habits or deeds.

Congratulations! You've completed the worksheet.

