



CORE VALUES + "THIS IS IT" WORKSHEET

Personal core values help focus and align our life choices so that we can consciously create our most meaningful and fulfilling life. Taking time to reflect on your own core values can be a game changer and can also be a springboard for conversation and connection with friends, family members, or peers.

Step 1

Write a number next to each value below based on the following scale:

1 = Very important to me 2 = Somewhat important to me 3 = Not important to me

- **ACCEPTANCE** to be accepted as I am
- **ACCURACY** to be accurate in my opinions and beliefs
- **ACHIEVEMENT** to have important accomplishments
- **ADVENTURE** to have new and exciting experiences
- **ART** to appreciate or express myself in art
- **ATTRACTIVENESS** to be physically attractive
- **AUTHORITY** to be in charge of and responsible for others
- **AUTONOMY** to be self-determined and independent
- **BEAUTY** to appreciate beauty around me
- **BELONGING** to have a sense of belonging, being part of
- **CARING** to take care of others
- **CHALLENGE** to take on difficult tasks and problems
- **CHANGE** to have a life full of change and variety
- **COMFORT** to have a pleasant and comfortable life
- **COMMITMENT** to make enduring, meaningful commitments
- **COMPASSION** to feel and act on concern for others
- **CONTRIBUTION** to make a lasting contribution in the world
- **COOPERATION** to work collaboratively with others
- **COURTESY** to be considerate and polite toward others



- **CREATIVITY** to have new and original ideas
- **DEPENDABILITY** to be reliable and trustworthy
- **DUTY** to carry out my duties and obligations
- **ECOLOGY** to live in harmony with the environment
- **EXCITEMENT** to have a life full of thrills and stimulation
- **FAITHFULNESS** to be loyal and true in relationships
- **FAME** to be known and recognized
- **FAMILY** to have a happy, loving family
- **FITNESS** to be physically fit and strong
- **FLEXIBILITY** to adjust to new circumstances easily
- **FORGIVENESS** to be forgiving of others
- **FRIENDSHIP** to have close, supportive friends
- **FUN** to play and have fun
- **GENEROSITY** to give what I have to others
- **GENUINENESS** to act in a manner that is true to who I am
- **GROWTH** to keep changing and growing
- **HEALTH** to be physically well and healthy
- **HELPFULNESS** to be helpful to others
- **HONESTY** to be honest and truthful
- **HOPE** to maintain a positive and optimistic outlook
- **HUMILITY** to be modest and unassuming
- **HUMOR** to see the humorous side of myself and the world
- **INDEPENDENCE** to be free from dependence on others
- **INDUSTRY** to work hard and well at my life tasks
- **INNER PEACE** to experience personal peace
- **INTIMACY** to share my innermost experiences with others
- **JUSTICE** to promote fair and equal treatment for all
- **KNOWLEDGE** to learn and contribute valuable knowledge
- **LEISURE** to take time to relax and enjoy
- **LOVED** to be loved by those close to me
- **LOVING** to give love to others
- **MASTERY** to be competent in my everyday activities
- **MINDFULNESS** to live conscious and mindful of the present moment
- **MODERATION** to avoid excesses and find a middle ground
- **MONOGAMY** to have one close, loving relationship

Tip!

If you're thinking - YIKES, this is a long list and I don't have time to finish, keep going. It may not seem like it now, but this might be one of the most important things you do all year.



- **NON-CONFORMITY** to question and challenge authority and norms
- **NURTURANCE** to take care of and nurture others
- **OPENNESS** to be open to new experiences, ideas, and options
- **ORDER** to have a life that is well-ordered and organized
- **PASSION** to have deep feelings about ideas, activities, or people
- **PLEASURE** to feel good
- **POPULARITY** to be well-liked by many people
- **POWER** to have control over others
- **PURPOSE** to have meaning and direction in my life
- **RATIONALITY** to be guided by reason and logic
- **REALISM** to see and act realistically and practically
- **RESPONSIBILITY** to make and carry out responsible decisions
- **RISK** to take risks and chances
- **ROMANCE** to have intense, exciting love in my life
- **SAFETY** to be safe and secure
- **SELF-ACCEPTANCE** to accept myself as I am
- **SELF-CONTROL** to be disciplined in my own actions
- **SELF-ESTEEM** to feel good about myself
- **SELF-KNOWLEDGE** to have a deep and honest understanding of myself
- **SERVICE** to be of service to others
- **SEXUALITY** to have an active and satisfying sex life
- **SIMPLICITY** to live life simply, with minimal needs
- **SOLITUDE** to have time and space where I can be apart from others
- **SPIRITUALITY** to grow and mature spiritually
- **STABILITY** to have a life that stays fairly consistent
- **TOLERANCE** to accept and respect those who differ from me
- **TRADITION** to follow respected patterns of the past
- **VIRTUE** to live a morally pure and excellent life
- **WEALTH** to have plenty of money
- **WORLD PEACE** to work to promote peace in the world
- **Other Value:**
- **Other Value:**



Step 2

Identify the words that you assigned a "1" to in Step 1 and write them here:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Step 3

Circle the 4 words that are *most* important to you from your list in Step 2.



Step 4

Write a brief "*This Is It*" statement that encompasses your top 4 values and how you might live your life in the best way possible.

	<p>Example:</p> <p><i>Values = loving, presence, inner peace, contribution</i></p> <p><i>Keep love at the center. Show up 100% in small moments. Remember not to strive too hard. Make life a little better for someone else.</i></p>
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It may take some time to fine-tune your statement. Once it really resonates with you, write or print it out and put it somewhere obvious where it can serve as a daily reminder. You can also try starting and ending each day by saying your statement silently to yourself or even out loud, infusing the statement with heart and intention.

Opportunity For Deeper Reflection

Consider the following questions to help deepen your connection to your core values and bring greater awareness to the role values play in your daily experience.

Are there obvious or subtle ways in which you aren't living in alignment with your core values?

Are there values from the list in Step 1 that you are currently living by that may not be serving you?

Can you identify any external circumstances that are preventing you from living in alignment with your core values?

Can you identify any internal circumstances that are preventing you from living in alignment with your core values?

Are there any ways that offering yourself more self-compassion could help you live more in alignment with your values?