

April 10, 2013

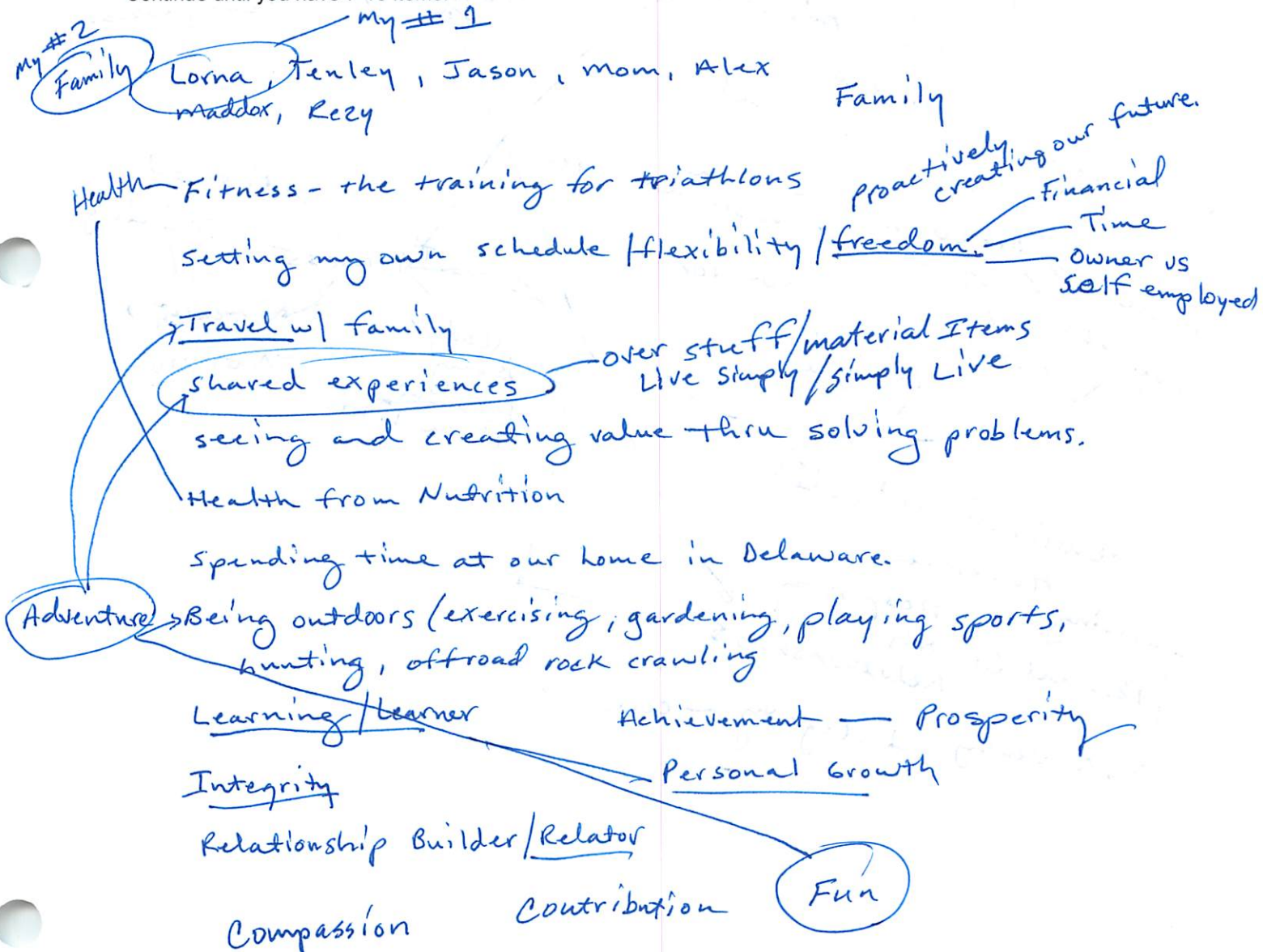
PERSONAL CORE VALUES WORKSHEET

Use this worksheet to identify, clarify and prioritize your personal core values. Core values are defined as: what is most important (our highest priorities). Values are the unconscious filters we use to categorize and interpret subjective experience. By identifying, clarifying and prioritizing your values, you will make better decisions and generally be more effective (both personally and professionally).

PART I: UNCOVERING CORE VALUES

Answer the following question as thoughtfully as possible:

"What is most enduringly important to me?" Put another way, "What are my highest priorities in life?" Keep asking the same question over and over to yourself and writing down the answers that come. Continue until you have 7-15 items.



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PART II: GROUPING AND PRIORITIZING

In this step, you will group the values phrases together into logical and meaningful groupings (that share the same essence). Group your long list of brainstormed values into 5-7 main categories (themes). The result will be 5-7 themes (e.g. family) with 4-5 values words in the form of bullets under each of the themes. Use additional space if necessary.

