**PERSONAL CORE VALUES WORKSHEET**

Use this worksheet to identify, clarify, and prioritize your personal core values. A core value is defined as what is most important (our highest priorities).

Knowing and honoring your core values will help you make better personal and professional decisions by providing guidelines for difficult choices at critical junctures. Neurologically, values act as filters that subconsciously determine where to direct attention, what is okay to ignore, and what merits conscious consideration. The more deeply you work with your core values the more you will wake up to opportunities for pursuing and protecting what truly matters most to you in the course of your daily life. Following is a list of core values examples from page 12 of the Meaning Module:

Family

Integrity

Health

Spirituality

Achievement

Winning

Fairness

Tradition

Faith

Duty

Personal growth

Relationships

Community

Connection

Support

Compassion

Understanding

Creativity

Challenge

Fun

Music

Art

Vitality

Wealth

Happiness

Professionalism

Financial freedom

Advancement

Wellness

Humility

Friendship

Honesty

Commitment

Responsibility

Honor

Patriotism

Morality

Security

Success

Prosperity

Religion

God

Learning

Travel

Contribution

Accountability

Fitness

Love

Empathy

Service

Learning

Freedom

Independence

Balance

Loyalty

Authenticity

Adventure

Decisiveness

Openness

**PART I: UNCOVERING CORE VALUES (OPTION 1)**

If you prefer a narrative style as the first step towards generating your 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 write down the answers that come to mind. Continue until you have 15-30 items.

**PART I: UNCOVERING CORE VALUES (OPTION 2)**

If you prefer selecting Core Values words as the first step, you may simply select 15-30 from the list on page one and any other additional sources:

**PART II: GROUPING AND PRIORITIZING**

In this step, you will group the value 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 2-5 values words and/or phrases in the form of bullets under each of the themes. Use additional space if necessary.

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