

Understanding My Core Values

Your Core Values are your fundamental beliefs that guide and influence your behavior. Often times when you don't honor your values you may find yourself in a state of imbalance. Below is a list of core values to get you started. (Please note this is not an exhaustive list. Feel free to write in any values you would like to add.)

Accomplishment	Fairness	Independence	Service
Accountability	Forgiveness	Integrity	Spirituality
Authenticity	Freedom	Intuition	Strength
Appreciation	Friendship	Joy	Support
Balance	Fun	Kindness	Tact
Boldness	Generosity	Listening	Thankfulness
Challenge	Gentleness	Love	Tolerance
Community	Genuineness	Loyalty	Tradition
Compassion	Gratitude	Partnership	Trust
Confidence	Growth	Patience	Understanding
Contentment	Happiness	Peace	Unity
Contribution	Hard Work	Perseverance	Willingness
Consistency	Harmony	Productivity	Wisdom
Courage	Health	Reciprocity	_____
Creativity	Helping	Reliability	_____
Determination	Honesty	Respect	_____
Empowerment	Honor	Romance	_____
Excellence	Humor	Safety	_____
		Self-Esteem	

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 CONSCIOUS. AWARE. INTENTIONAL.

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MY TOP 10 CORE VALUES ARE:

List your top 10 core values below.

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MY TOP 5 CORE VALUES ARE:

From the 10 values you've written in the lines above, choose your top 5.

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MY TOP 3 CORE VALUES ARE:

From the 5 values you've written on the previous page, choose your top 3.

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WAYS IN WHICH I WILL HONOR MY TOP 3 VALUES THIS WEEK:

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I KNOW I AM NOT HONORING MY CORE VALUES
WHEN I FEEL:

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