



MyCoach.LifeTM

Core Values Worksheet

This worksheet is meant to accompany the Core Values Webshop located at www.webishops.com under the Success Planning series. You will gain the most benefit from this worksheet if you watch the Webshop first.

This worksheet is designed to help you figure out what your core values are. The easiest way is to print this out and have a pen or pencil and a highlighter handy.

Circle every item on the list on the next page that you feel is a core value. For now, the important thing is just to concentrate on what you feel are core values to you. You should circle between 10-20 items. More is okay.

Once that is done, pick the first two items on the list that you circled and concentrate or meditate on them. Decide which one of the two is more important.

Example: The first two items circled are Abundance and Accomplishment. Spend a little time and determine which means more to you. Put a check mark next to that item. It's okay if both are of equal importance. Go to the next couple of items and try again.

Once you have 6-10 items left it's time to use the highlighter. The idea is to have 3-5 core values maximum. Narrowing it down to 3 core values is the best way to do it; that really focuses your attention on what is important. However, as many as 5 core values are okay.

And, as always, if you are having difficulty narrowing them down, we are here to help. A bit of coaching can assist in bringing the important things into focus.

Core Values List



Abundance	Experience	Performance
Acceptance	Exploration	Personal Power
Accomplishment	Faith	Persuasiveness
Accuracy	Fame	Playfulness
Acknowledgment	Fairness	Privacy
Action	Fearlessness	Productivity
Adaptability	Fitness	Professionalism
Adventure	Flexibility	Prosperity
Adoration	Focus	Realism
Affluence	Free Spirit	Reason
Aggressiveness	Friendship	Recognition
Ambition	Generosity	Relaxation
Appreciation	Giving	Resilience
Attractiveness	Gratitude	Resolve
Authenticity	Growth	Resourcefulness
Awareness	Happiness	Respect
Balance	Harmony	Risk Taking
Beauty	Health	Romance
Belonging	Holiness	Sacrifice
Boldness	Honesty	Security
Bravery	Humility	Self-control
Capability	Humor	Self-expression
Carefulness	Imagination	Sensitivity
Charity	Impartiality	Service
Collaboration	Independence	Significance
Commitment	Ingenuity	Simplicity
Community	Innovation	Solitude
Compassion	Integrity	Spirituality
Comradeship	Joy	Stability
Confidence	Justice	Strategic
Connectedness	Kindness	Strength
Contribution	Knowledge	Success
Control	Leadership	Teamwork
Conviction	Learning	Thankfulness
Creativity	Impact	Timeliness
Daring	Love	Transformation
Determination	Loyalty	Trust
Devotion	Making a difference	Understanding
Diligence	Meekness	Unity
Discipline	Meticulousness	Usefulness
Discovery	Nurturing	Vision
Discretion	Obedience	Vitality
Dreaming	Open-Minded	Wealth
Drive	Optimism	Winning
Duty	Orderliness	Wisdom
Education	Organization	Zest
Effectiveness	Originality	
Elegance	Participation	
Empathy	Partnership	
Empowerment	Passion	
Enthusiasm	Peacefulness	
Excellence	Perfection	