



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