


# CORE VALUES



**Core values** are traits or qualities that you consider not just worthwhile, but of highest priority. They are deeply held beliefs and ultimately, the driving force that dictates your behaviour and guides your life.

 You can use the examples on the next page to help find your top 5 core values. This list is not exclusive, feel free to add as you need. Write your top 5 values on the lines below.

Do you see these values active in your life? If not, why? What needs to change to live more in line with your values? What do you value the least? Write those down as well.

## What we value the most

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

## What we value the least

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

- Acceptance
- Accomplishment
- Accountability
- Achievement
- Adaptability
- Adventure
- Affection
- Agility
- Ambition
- Appreciation
- Approachability
- Attention to detail
- Attentiveness
- Authenticity
- Authority
- Autonomy
- Availability
- Awareness
- Balance
- Beauty
- Being the best
- Belonging
- Boldness
- Bravery
- Brilliance
- Calmness
- Capability
- Carefulness
- Caring
- Certainty
- Challenge
- Change
- Character
- Charity
- Cleanliness
- Collaboration
- Comfort
- Commitment
- Common sense
- Communication
- Community
- Compassion
- Competence
- Competition
- Completion
- Concern for others
- Confidence
- Conformity
- Connection
- Consistency
- Contentment
- Continuous improvement
- Contribution
- Control
- Conviction
- Cooperation
- Courage
- Courtesy
- Craftsmanship
- Creativity
- Credibility
- Curiosity
- Customer Service
- Decisiveness
- Dedication
- Democratic
- Dependability
- Determination
- Diligence
- Discipline
- Discovery
- Drive
- Eagerness
- Education
- Efficiency
- Empathy
- Empowering
- Encouragement
- Endurance
- Energy
- Enjoyment
- Entertainment
- Enthusiasm
- Entrepreneurship
- Environment
- Exceed Expectations
- Excellence
- Excitement
- Experience
- Fairness
- Faith
- Faithfulness
- Family
- Fame
- Fashion
- Fast
- Fearless
- Firm
- Fitness
- Flexibility
- Focus
- Freedom
- Friendships
- Frugality
- Fun
- Generosity
- Giving
- Gratitude
- Greatness
- Growth
- Happiness
- Hard Work
- Harmony
- Health
- Helpful
- Heroism
- History
- Holiness
- Honesty
- Honor
- Hospitality
- Humility
- Humor
- Imagination
- Impact
- Improvement
- Independence
- Individuality
- Influence
- Innovation
- Inspiration
- Intelligence
- Joy
- Justice
- Kindness
- Knowledge
- Leadership
- Learning
- Local
- Loyalty
- Meaning
- Neatness
- Openness
- Optimism
- Order
- Organization
- Partnership
- Passion
- Patience
- Patriotism
- Peace
- People
- Perception
- Perfection
- Performance
- Perseverance
- Playfulness
- Popularity
- Prepared
- Professionalism
- Profitability
- Prosperity
- Punctuality
- Purity
- Quality
- Recognition
- Relationships
- Reliability
- Religion
- Reputation
- Respect
- Responsibility
- Resourcefulness
- Risk
- Safety
- Security
- Self-Respect
- Service
- Significance
- Simplicity
- Spirituality
- Spontaneous
- Stability
- Success
- Status
- Sustainability
- Teamwork
- Timeliness
- Tolerance
- Tradition
- Trustworthiness
- Wealth
- Winning
- Wisdom
- Wonder
- Work/life/balance