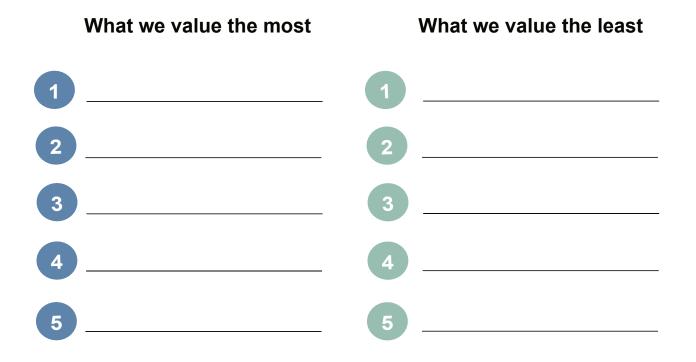


Core values are traits or qualities that you consider not just worthwhile, but of highest priority. They are deeply held beliefs and ultimately, the driving force that dictates your behaviour and guides your life.

*

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.



CORE VALUES

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 Certaintv 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 Curiositv **Customer Service** Decisiveness Dedication Democratic Dependability Determination Diligence Discipline Discoverv 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 Honestv 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 Plavfulness 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